

THE  
AMERICAN JOURNAL OF NURSING

OFFICIAL ORGAN OF

THE AMERICAN SOCIETY OF SUPERINTENDENTS OF TRAINING  
SCHOOLS FOR NURSES; THE NURSES' ASSOCIATED ALUMNÆ  
OF THE UNITED STATES; THE INTERNATIONAL COUNCIL  
OF NURSES; THE HOSPITAL ECONOMICS ASSOCIATION;  
THE NEW YORK STATE NURSES' ASSOCIATION; THE  
GRADUATE NURSES' ASSOCIATION OF CONNEC-  
TICUT; THE MASSACHUSETTS STATE NURSES'  
ASSOCIATION; THE GRADUATE NURSES'  
ASSOCIATION OF NEW HAMPSHIRE;  
THE TEXAS STATE NURSES' ASSOCIA-  
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THE  
AMERICAN JOURNAL  
OF NURSING

VOL. X

OCTOBER, 1909

NO. 1

EDITORIAL COMMENT



IMPRESSIONS OF THE INTERNATIONAL MEETINGS

OUR summons to attend the International Congress of Nurses in London was received just thirteen days before the meeting was to commence. To arrange our housekeeping affairs, prepare for sudden death, transfer a JOURNAL in the making to the business manager, and get across the ocean in time for the meetings was a somewhat breathless undertaking. We had the experience of making the trip on the fastest steamer afloat, arriving in London at half-past five in the morning of the second day of the congress, having missed the official proceedings.

Imagine one of our own great conventions, such as that in Washington or Minneapolis, when our two national societies met as one, with an audience composed of delegates from different countries instead of from states, and those who have not had the experience of attending an international congress can gain something of an idea of what such a gathering is like.

Miss Dock, in her report which is found on another page, has given a conception of the personnel of the congress and of the splendid enthusiasm which pervaded every meeting.

After an interval of two months several impressions remain vividly in our mind,—the singleness of purpose of this great group of women from seventeen countries, the same earnestness, the philanthropic and altruistic motives, which were the keynote of every paper and every discussion, not a word showing selfish interest and not a suggestion of anything which had for its end selfish advantage to nurses. The literary excellence of the papers presented impressed us very forcibly, and may be taken as an indication of the rapid development of nursing, educationally. Then, as we listened to the description of work in other

countries, of obstacles yet to be surmounted, we were impressed with the marvellous strides we have been making in the United States since the agitation for state registration.

Another thing which struck us forcibly was the attitude of the English press towards the convention. In our own country the newspapers have always given space to nursing affairs, permitting in almost all cities a very free discussion of both sides of nursing questions. In London, during convention week, although very full reports, we know, were submitted to leading papers, the fact that such a convention was being held was hardly recognized, and both to the nursing world and the general public this great gathering of women, whose aim and object is the raising of the standards of education for nurses which should lead to the more effective care of the sick and oppressed, was practically unknown. We have often deplored the sensational attitude of the press in the United States, but such an attitude is perhaps more enlightening than one so conservative as the English which withholds knowledge which can only reach the public in that way. This attitude of the press gave us also a greater appreciation of the obstacles and difficulties which the English women have to overcome before they can gain the recognition which has now been accorded to the nurses in twenty-four states in America.

Our place in the congress was entirely that of a visitor, and from the standpoint of an onlooker the convention seemed expensive, more so, we believe, than is consistent for a group of working women. While the interchange of bouquets of flowers and gifts to officers is a very pretty ceremony and inspiring in a way, we believe we need to be a little cautious not to give this tendency free range. The *British Journal of Nursing* has announced the cost of the convention to have been £600, practically \$3000.

One incident which occurred at the great dinner distressed us somewhat, perhaps because of our Puritanical ideas of propriety. This was the providing of cigarettes for a woman's dinner, which we think was uncalled for, and the smoking on the part of more than a few of those present. We are sure the half-dozen men present would not have felt embarrassed if the women had not joined them. While we know that this custom prevails among women on the continent to a much greater extent than in our own country, we think nurses coming together in a professional conference should not relinquish for a moment that dignity and womanliness which are so important qualifications of a true nurse, and particularly at a time when the whole nursing body the world over is so in the lime-light of criticism. We can honestly say

that we did not see any of our fellow countrywomen participating in this practice, and we hope we may never again at any gathering of nurses see a recurrence of this.

While we have not a word to say of each nurse's right to conduct herself as she pleases in her private social life, in her professional life, simplicity of dress and demeanor is more in keeping with her calling. She is not called upon to imitate the extremes of the leisure class.

#### THE CANADIAN DELEGATION

No delegation was more representative of its country than the Canadian, led by Miss Snively, who is so well known to nurses here. It was our privilege to see the wreath which Miss Snively was permitted to lay on the tomb of Queen Victoria, accompanied by fifteen of the members, that being the limit placed by the King for those who should attend, and who were chosen by lot by Miss Snively from the twenty-two Canadians present. A photograph was taken which shows the entire delegation just as they stepped off the train at Windsor before taking carriages for Frogmore, but it gives no conception of the artistic beauty of the wreath, which in color shaded from the deepest purple of violets to the most delicate lavender of orchids, with a little sprinkling of lilies-of-the-valley over it all. A cluster of maple leaves, the national emblem of Canada, was arranged at one side.

The memorial prepared by Miss Snively for the occasion was engrossed on parchment and sent to King Edward, which, with his reply, we give:

"By the permission of His Most Gracious Majesty King Edward VII, it is our exalted privilege this afternoon reverently to stand beside the tomb of the greatest of English monarchs, Victoria, Queen of Great Britain, and Empress of India.

"As loyal British subjects we recall with pride and satisfaction the grandeur and power of her kingdom, and the wonderful wisdom and progress which characterized her reign over many races and peoples, but above all these we delight to remember the womanly gentleness of her character, and that every effort for the alleviation of human suffering found a ready response in her sympathetic nature. These qualities have enthroned Queen Victoria in the hearts of her subjects, not only in England but in her dominions across the seas. In the name, therefore, of the Canadian National Association of Trained Nurses, and as their representative, I most loyally and reverently place this tribute of heart-felt homage and undying devotion from the nurses of the Dominion of Canada on the tomb of our late beloved sovereign, Queen Victoria."

"BUCKINGHAM PALACE,

"27th July, 1909.

"MADAM:

"I am commanded by the King to thank you and the Canadian National Association of Trained Nurses for their address.

"His Majesty has had great pleasure in giving them permission to visit the mausoleum at Frogmore, and he is much touched by the words which you make use of in your communication in regard to Queen Victoria.

"I am, madam,

"Your obedient servant,

"KNOLLYS."

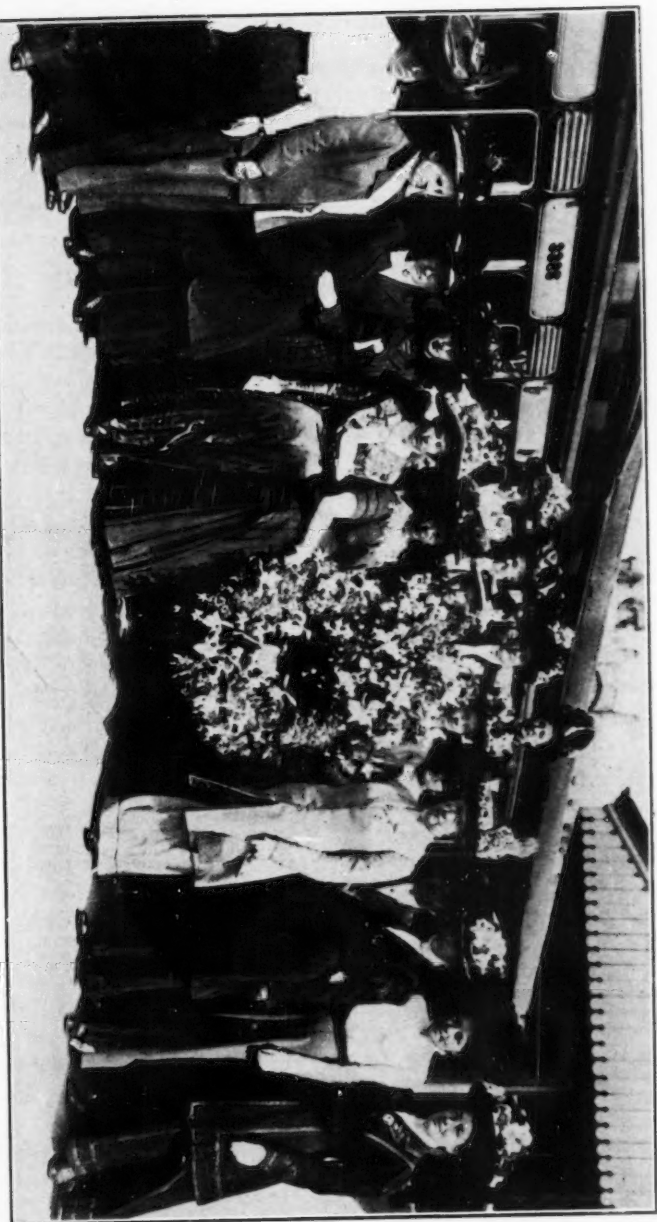
#### OFFICIAL RECOGNITION BY THE AMERICAN AMBASSADOR

Miss Dock has omitted to mention the very delightful luncheon given by the American Ambassador and Mrs. Whitelaw Reid at Dorchester House to ten American and ten English members, perhaps because she yielded her place as one of the ten to us and it slipped her mind. This was one of the most delightfully interesting of the social functions. The ambassador had at his right and left Mrs. Bedford Fenwick, president of the congress, and Miss Goodrich, president of the American Federation of Nurses; and Mrs. Reid at her right and left, Miss Breay, treasurer of the congress, and Miss Stewart, president of the Matron's Council. Mrs. Reid is an honorary member of the Associated Alumnae, and her interest in nursing affairs, especially army nursing, is based upon knowledge of what we are doing and remains unchanged by her official life, as shown by her sincere cordiality both at the luncheon and at the reception which followed later in the day. The opportunity to see Dorchester House at closer range, said to be the most beautiful private residence in London, was a privilege which every one present prized.

The week of perfect rest in the Lorna Doone country with Miss Snively, and the trip home by a Canadian line, via Montreal, the St. Lawrence, and Lake Ontario, almost to our very door, completed five weeks of freedom from care such as we have not enjoyed since the JOURNAL came into existence.

#### ORGANIZED OPPOSITION TO NURSING PROGRESS

THE announcement was made in these pages in the July number of the passage of the bill for registration in the state of Pennsylvania after four years of bitter struggle against organized medical opposition. These opponents have established a so-called national association which



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THE CANADIAN DELEGATION.

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has for its object the control of the nursing profession and is now publishing a little magazine, the second number of which has come into our hands. The opening paragraph reads: "Every physician knows, and every nurse ought to know, that the business of nursing was created by the medical profession. The physicians have opened the door of this opportunity and put the nurses in the way of acquiring the necessary knowledge and skill."

The publication is filled with statements, quotations, and comments, of which we quote a few to show the character of the opposition and the misunderstanding or wilful misrepresentation of the registration movement and of the standards and ideals which nurses are working for, for the betterment of nursing service to the sick.

"Pleasing the doctors is the surest way to add jam to your bread and butter."

"The nurse secures her employment by the recommendation of some physician, and advances in her profession by loyally assisting the medical adviser under whom she serves."

"These vigilant guardians of the public health (state examining boards) evidently judged it unsafe to permit any one to nurse who was not equipped and inclined to encroach largely upon the physician's definite province."

"The 'R.N.' ('Real Nuisance') nurse is not wanted."

"There is no reason for registering nurses. R.N.'s are so conceited that I cannot trust them. To give them equal standing with the doctor is worse than suicide."

"The only latitude a nurse should be allowed is a strict obedience to orders; if she keeps the sick-room in a sanitary condition besides she will be busy enough. They require no more legal standing than a capable cook or chambermaid in the same house. Any sort of legally qualified incompetence is *prima facie* evidence of competence and breeds carelessness."

"Obey the doctor in all things. Be thoroughly loyal to him in all you do and say. Don't criticize his treatment, or dress, or habits. Do not withhold his medicines, nor substitute your own remedies. You have no license to practice medicine."

"She should not talk about the doctor."

"She should not try to make perfumery take the place of cleanliness."

"It were far better if more time were devoted, both didactically and clinically, to teaching nurses to be genuinely humane. This quality I believe is the one most lacking in the average nurse. They should be taught to differentiate between sympathy and sloppy sentimentality."

"Nurses of the state registration type would change that title (Angel of Mercy) to 'officious meddler' or 'grasping commercialist,' but the rank and file of the working nurse repudiate the selfish leadership of these self-seekers and will cling to the old ideals with loyalty to physician and devotion to patient."

In contrast to these there is one article entitled "The Nurse the Popular Teacher of Asepsis," which sets forth as clearly as we could do the value of the educated nurse. "We cannot too clearly recognize that it is the nurse who has the secret for lack of which the millions perish. The physician has the truths, but the nurse has the power to demonstrate them to the popular belief. Where she is unknown, disease and dirt defy the sanitary gospel; where she has come, disease fights a losing battle. If we can sufficiently increase her numbers and strengthen her hand, the Promised Land of vision may soon become an actuality in our possession."

We refer our readers who may be in doubt to the life of Florence Nightingale and to the "History of Nursing" for the authentic history of nursing as a profession.

#### ANSWERS TO EXAMINATION QUESTIONS

SINCE the state examinations have commenced, we have been asked several times to print the answers with the questions in the JOURNAL. One writer says: "Many times we are too tired to study out the answers, and if they were printed we would learn a great deal from them." We are of the opinion that printing the answers would also demonstrate that it is the nursing care, not medical treatment, that is wanted, and that they would also call out some criticisms that would be helpful. Questions would have to be more carefully prepared. The only objection that could be raised to this would be the work involved for the examiners, but to all concerned the procedure would be "educative." We call attention to the examination questions of the North Carolina Board in which those questions suitable for medical students were submitted by the medical members of the board.

#### THE REPORT OF THE AMERICAN HOSPITAL ASSOCIATION COMMITTEE ON TRAINING SCHOOLS

THE report of the committee on training schools for nurses of the National Hospital Association was given to the members early in September that they might be ready to intelligently discuss it when the subject should come before them at the convention held in Washington, September 21-24.

The report is very satisfactory in its most vital parts. It upholds the three years' course for general hospitals, advocates two years and three months for smaller schools with limited experience, and recommends affiliation and preliminary instruction. Its weak point, in our judgment, is in the endorsement of the idea that a cheaper grade of attendant nurses shall be trained for chronic cases and the great middle class, and that such nurses shall receive their training in the hospitals or wards where chronic cases are cared for. We believe that people of the middle class are worthy of the same kind of skilled nursing as the rich who can pay and the poor who are paid for, and for that reason alone dislike the suggestion. Moreover, we believe that the nursing care of the middle class is a nursing problem, but one which the nursing body has fought shy of for so many years that, if this plan is put into effect, there is no just ground for a word of protest.

Before this issue of the JOURNAL will have reached our readers the report will have been discussed at the Washington meeting, and the consensus of opinion of the members will be given in our next number, until which time we reserve further comment.

#### "THE LIMITATIONS OF THE NURSING PROFESSION"

IN Mrs. Lockwood's paper read at the Minneapolis meeting, entitled "The Limitations of the Nursing Profession," she discusses those limitations very fairly from many standpoints.

To one point which she makes, we wish to add a word. She says: "It is rather absurd, is it not, to be investigating almshouses, instructing public health committees, and planning to take care of the great middle class while we are not working to conclusions in our own affairs? Let us look to our own interests, recognize our limitations, correct our own faults. Let us work to conclusions and effects in schools for nurses so that the next generation of nurses shall have a surer, broader footing on which to stand and call itself a profession, and easier steps upward to a science."

In this statement Mrs. Lockwood loses sight of the fact that great masses of our members are not concerned directly with the fundamental principles of teaching and instruction, that they have passed on and beyond those subjects into broader fields than could be included, and that as we progress we must give recognition and support to their interests, as well as to those nurses who are engaged in teaching problems or in the detail personal care of the individual patient.

Our special education along certain lines places upon us an obligation in public health questions, such as almshouse work, tuberculosis

work, infant mortality, venereal prophylaxis, etc., and our members have a place among public spirited citizens and philanthropists.

We are entirely in sympathy with what Mrs. Lockwood says about those schools that use their pupils as a means of cheap service and do not give them adequate nursing education. It is the evil which has given rise to the great movement of state registration, which is by slow degrees providing a minimum educational status for such hospitals. But we must not stand still on those broader lines of development while we are endeavoring to correct defects in the fundamentals of our educational system.

#### PREVENTION OF INFANT MORTALITY

THE Conference on Infant Mortality to be held in New Haven, Connecticut, on November 11 and 12, will be an important meeting, dealing as it does with a subject which concerns the entire race and is enlisting the activities of physicians, educators, nurses, charity workers, and good citizens generally. The program is not prepared yet in detail, but it will offer sessions discussing medical, philanthropic, institutional, and educational measures of prevention, and the sessions respectively will be presided over by Dr. Mason Knox, Dr. Edward Devine, Mr. Homer Folks, and Professor Winslow. In each of these sessions there will be matters presented and discussed which, while of interest to nurses generally, will be of very special value for those in district work who come into close and daily contact with the uncleanly home, the ignorant mother, and the helpless baby. Our nurses are already rendering good service in this direction in many cities. They will be called upon for further service, and will respond. To this end it is desirable that they should follow the proceedings of this conference, to see what work is to be undertaken and where and in what ways they can best co-operate with other workers, and to contribute information, if desired, from their own experiences. It seems quite probable that nurses may make valuable contributions to statistics in infant mortality, and they can render yeoman service in teaching the mothers.

Invitations to be present and to take part in the discussions have been received by the presidents of the Federation, the Associated Alumnae, and the Superintendents' Society, the Editor of the *AMERICAN JOURNAL OF NURSING*, and certain other representative nurses.

The following societies are being invited to send delegates who can report to their associations the essential features of the conference: the American Federation of Nurses, the Associated Alumnae, and the Society of Superintendents of Training Schools.

# THE SCHOOL FOR NURSES OF THE UNIVERSITY OF MINNESOTA

THE University of Minnesota Bulletin for July announces the establishment of the training school for nurses and gives the curriculum for instruction in detail. The following paragraphs taken from the bulletin show the general plan of organization which is to be followed:

"The entire course of study will cover a period of three years. The first six months will be devoted to preliminary courses of instruction under a special matriculation fee. These courses, for a period of four months, will be conducted in several of the departments of the College of Medicine and Surgery by a corps of faculty instructors, with the assistance of the superintendent of the training school. Examinations will be held at the close of this four months' work and must be satisfactorily passed in order to permit of further advancement.

"Following these courses, admission will be had to the hospital, and the ensuing two months will be given to practical training in hospital service and economics, and during this time the student will be given no responsibility for the care of patients. Nurses will, then, upon successfully completing this preliminary course and with due consideration to their general fitness, be admitted to the full hospital service. In the succeeding two and a half years, a graded system of hospital education will be conducted, during which the student will serve in the wards, dispensaries, laboratories, dressing rooms, and operating rooms, in succession or alternation. Courses of lectures and demonstrations will be given by members of the faculty and by the superintendent in each year, and, at its close, examinations will be conducted in both practical and didactic work.

"At the close of the three years' course of training, the successful candidate for graduation will be presented to the faculty and, upon its recommendation, she will receive from the Board of University Regents a nurse's diploma. A certificate will be issued, at the close of each year's work, to the successful student, by the dean of the college, but applicants will not be admitted to advanced standing from other schools until a better determination can be made of a standard of minimal requirements in each year than is, at present, possible.

"Graduate nurses will be eligible, under prescribed regulations and competitive examination, for positions in the hospital service as head nurses.

"Graduates or undergraduates of other hospital training schools will be admitted, upon certificate of good standing from their respective schools, and upon payment of the usual matriculation fee, to the four months' preliminary course of training. After regular attendance upon

this course and upon passing the examinations proper to the course, certificates of its satisfactory completion will be granted."

#### INSURANCE FOR NURSES

ONE of the questions in the hands of a special committee of the Associated Alumnae, composed of Miss Davis, chairman, Miss McIsaac of Benton Harbor, and Miss Nichols of Boston, is that of insurance for nurses. We print in this issue an article on the subject written by Miss Gordon, in which, if carefully studied, will be found the reason of existence of all class of fraternal insurance or benefit societies managed by the members themselves.

The points in favor of insurance for nurses by nurses taken in order of importance would be, first, the obviously growing urgency of the need of such prophylactic measures for nurses as a class to make definite provision for the future, and the manifest force of an insurance contract to compulsory frugality; second, by running of the machinery in the most careful, economical manner, by eliminating the agent, the high-salaried officials, and the expensive offices, we might reasonably expect a much larger premium on the policy or the annuity for the like amount invested.

We understand that the committee will take up the matter vigorously this year and submit a definite working plan to the association at the meeting to be held in New York next June. In the meantime, the chairman, Miss Davis, will be glad to receive suggestions from nurses who have studied the subject. Miss Gordon's paper provides a basis for discussion and a foundation upon which to build.

#### NURSING CARE AND INDUSTRIAL INSURANCE

AN interesting experiment is being tried by the Metropolitan Life Insurance Company of New York. A district nurse is being supported for the benefit of the industrial policy holders in certain districts of the city. If the plan proves successful, it will be gradually broadened to cover the city and to extend to other cities,—indeed it is already under way in Baltimore. The project has two sides, one of benefit to the wage earners and the widening of the sphere of the district nursing association, the other of advantage to the company in a lowered death-rate and in the inducement of nursing care in illness which can be offered to the industrial policy holders.

The plan originated with Miss Wald in her desire to extend nursing care to more of the sick poor, but if it proves a profitable experiment to the company it will be none the less beneficent in its results and will

have greater stability in its support. The plan of the company is to work in connection with existing district nurse associations, wherever such exist.

#### THE HUDSON-FULTON CELEBRATION

THE Hudson-Fulton celebration in New York, which commenced on September 25 and extends to October 9, will not have ended when this magazine reaches our readers. The New York County subdivision of the National Red Cross has furnished Red Cross nurses to serve at the relief stations established along the line of march during this celebration. Miss Jane Tuckerman is chairman of the committee on organization and Miss Delano was chosen superintendent of the nurses on duty who volunteered for the service.

The committee on science, history, and art of the Hudson-Fulton celebration has arranged that special exhibits relative to the occasion shall be free to the public during this time. Among those that seem most interesting are: an Indian exhibit at the American Museum of Natural History; an exhibit relating to the Indians on Long Island at the Brooklyn Institute; a collection of documents about old New York at the College of the City of New York; Revolutionary relics at the Fraunces Tavern; an exhibition of paintings at the Metropolitan Museum; the Aquarium, especially interesting to children; and a collection of Colonial relics at Washington's Headquarters.

#### MISS DELANO'S APPOINTMENT

THE brief announcement which was given in our September number of the appointment of Jane A. Delano, R.N., to the position of superintendent of the Army Nurse Corps, under the Surgeon-General, we know has given satisfaction to the great rank and file of nurses of this country.

To the older women Miss Delano is too well known to need a word of introduction; perhaps to the younger ones her career may not be familiar. Miss Delano is one of the early graduates of the school at Bellevue Hospital. She has had the practical experience of working under the old régime of the Red Cross at the time of the yellow fever epidemic in Florida. She was for a number of years superintendent of nurses of the University of Pennsylvania Hospital, under Miss Davis, and for five years, previous to Miss Goodrich's appointment, was superintendent of Bellevue Training School, resigning because of her own ill health and for family reasons.

She is intensely interested in the broader development of the Red Cross, and has accepted the position at the head of the Army Nurse

Corps with the hope that her long and varied experience as a teacher and executive officer may be of service in the further development of the army nursing service.

Miss Delano was abroad at the time of her appointment and curtailed her trip to hurry home and so adjust her personal affairs as to assume her new duties. She has been at the Surgeon-General's office since September 10.

We have heard a number of expressions of disappointment that the report of the Red Cross Committee and the discussion which followed its reading could not have been given in full with the Associated Alumnae report in the September JOURNAL. We are going to discuss the Red Cross situation in the November number.

#### ILLNESS OF MISS COOKE

MANY of our readers who have attended the last few meetings of the Associated Alumnae will hear with regret that Genevieve Cooke of San Francisco, first vice-president of the Associated Alumnae and Editor of the *Nursing Journal of the Pacific Coast*, has been obliged to undergo a very serious operation at one of the San Francisco hospitals, from which, we are rejoiced to be able to report, she is making a fair recovery. Her place is being temporarily filled by Mrs. Elsie Courrier Phillips. As soon as she is able to travel, Miss Cooke expects to go to friends at Vancouver, and later to Yonkers, N. Y., to take a long rest.

#### A HOME FOR THE NURSES OF WASHINGTON, D.C.

It will be remembered that a central directory was established in Washington recently which has proved to be a model of its kind. A correspondent in that city now writes us:

"The serious problem of housing has for years been agitating the graduate nurses of Washington. What can we do to secure a home for less money? Every one of us is hungry for a home, as rents are so exorbitant that they make life a tragedy. Our plan is to solicit enough investors to build an apartment, nurses taking stock at twenty-five dollars a share at a good rate of interest; a house well built, in a good locality, to accommodate seventy-five or a hundred nurses (all small apartments), with single rooms; two rooms, kitchen, and bath; three rooms, kitchen, and bath. These apartments are to be perfectly bewitching, and will answer to the dear, dear name of *home*."

THE JOURNAL AND THE NEW YEAR

On October 1 the AMERICAN JOURNAL OF NURSING celebrates its ninth birthday and begins its tenth volume. We must remind our subscribers whose year expires at this time and who wish to keep their files unbroken that it is almost impossible to estimate in advance the number of October magazines that will be needed and that, if they delay in renewing, we may not be able to supply the missing number. We also ask our good friends to secure, if possible, at least one new subscription each, to send with their own renewal, or at least to inclose the names of such of their friends as are not subscribers and might profit by a sample copy.

There are no very marked changes being contemplated in the form of the JOURNAL for the coming year. The newer lines of development in social work, prevention of infant mortality, insurance nursing, and insurance for nurses will be given prominence, and greater space given to army and navy nursing. During the past year special articles on dietetics have been given and these will be continued. Two of special interest which are promised are "The Invalid's Lunch Box," by E. Grace McCullough of the Massachusetts General Hospital, and "Fireless Cookers," with recipes for fireless cooking by Anna B. Hamman, author of "Housekeeping for Two."

It is not our intention to restrict our pages in any way by subdivision into section departments. Our aim is to present such phases of nursing and its contributing work as will be of professional and practical value to all nurses.

During the summer season we have had two great gatherings in which plans and ideals have been submitted and discussed, new friendships formed, and the inspiration which comes from association with those engaged in the same occupation has been marvellously stimulating. To justify the outlay of both time and energy, the coming year must show a record of deeds accomplished, and our watchword should be, Work not Words.

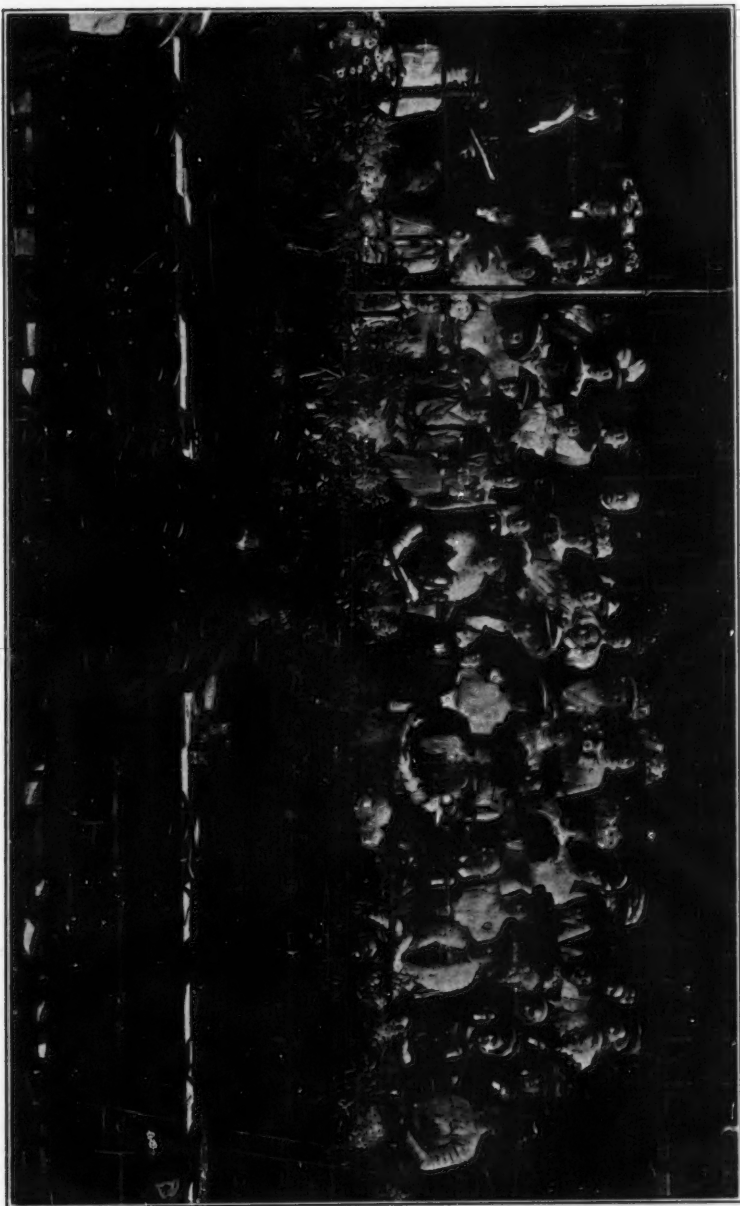
The JOURNAL Purchase Fund has made a good start and will be reported from month to month. We hope to see this question of ownership completely settled before the close of this JOURNAL year, so that the energies of the association may be turned to the broader management and development of its official organ. One long strong pull all together and it is done.

The year just closed has been, from an editorial standpoint, exceptionally satisfactory. The magazine carries almost a marvellous influence in its journey each month around the world. There is a wealth

of material from which to choose, and expressions of appreciation from near and far have encouraged and inspired the editors.

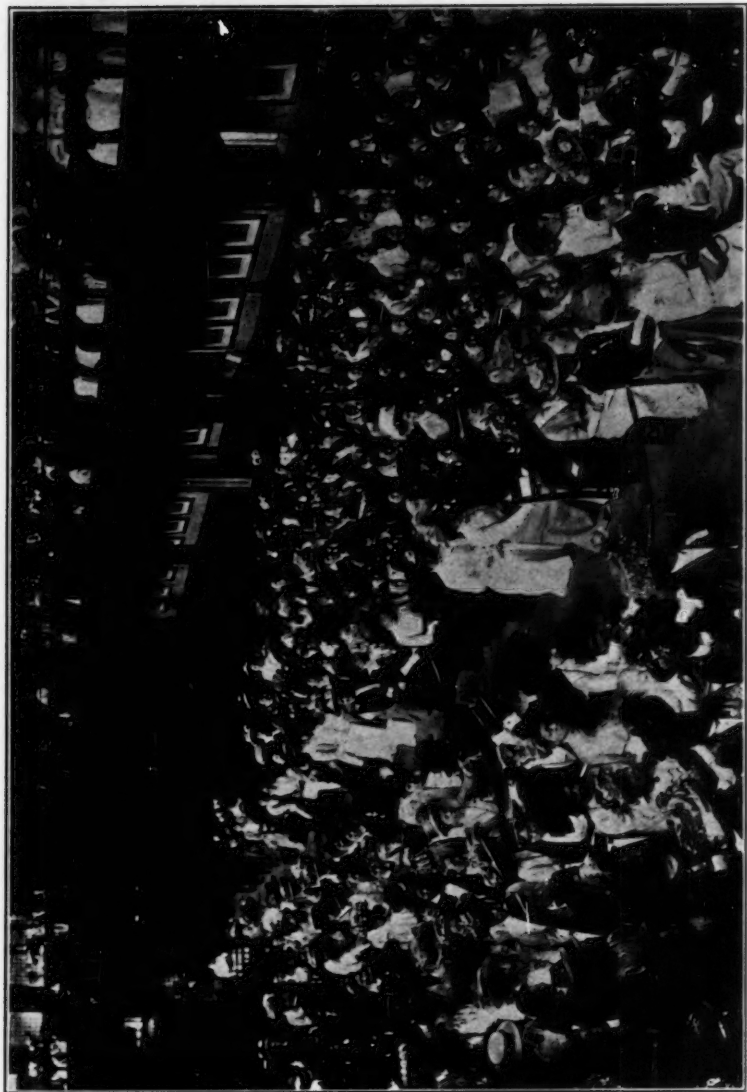
From a business standpoint the development has been more rapid than was entirely wise. The fact that thousands of nurses are reading the *JOURNAL* without paying for it does not lessen its educational or professional value but does restrict its broader development and necessitates some curtailment of expenses. The experiment of a special business manager is to be abandoned and the supervision of that department again reverts to the editor-in-chief, who carried this double burden for the first six years of the *JOURNAL*'s existence; otherwise the subscription price would have to be increased or the number of pages considerably reduced. These are points to be seriously considered by the affiliated societies when studying the *JOURNAL* question the coming year. The plan discussed at Minneapolis by which, in the reorganization of the association, the subscription to the official organ shall be included in the membership dues would settle the question of finances for all time and seems absolutely necessary, because, when the ownership and the management pass entirely into the hands of the Associated Alumnae, there will be no *JOURNAL COMPANY* to meet financial deficiencies should they occur.

Again the editors desire to express their thanks to all who have aided them during the year in maintaining the *JOURNAL* as a power in the nursing world.



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THE INTERNATIONAL CONGRESS—THE PLATFORM.



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THE INTERNATIONAL CONGRESS—THE HALL.

## THE LONDON MEETING OF THE INTERNATIONAL COUNCIL AND CONGRESS OF NURSES

By LAVINIA L. DOCK, R.N.

Honorary Secretary International Council of Nurses

THE OFFICIAL DAY.—Each assemblage of nurses, of an international character, has been bigger, more deeply enthusiastic, more inspiring than the last. So the meetings of the London Quinquennial have been not only more remarkable than any others for intense interest and for their cosmopolitan character, but also for the powerful energy of impulse felt by all present, which was expressed in ways that will bring far-reaching results.

First, who was there? Seventeen countries were represented by delegates, fraternal delegates, or visitors, and eight or nine languages were heard, though English was spoken throughout on the platform. Official delegates present were: Mrs. Bedford Fenwick, president of the National Council of Trained Nurses of Great Britain and Ireland, and four delegates from that body who were, Miss Rogers, matron of the Leicester Infirmary, Miss Lamont, superintendent of the Irish branch of the Queen Victoria Jubilee Institute, Miss Burleigh, superintendent of the Royal Hospital for Sick Children, Edinburgh, and Miss Burr, secretary of the League of St. John's House Nurses. Miss Goodrich, R.N., president, and Mrs. Robb, Miss Delano, R.N., Miss Maxwell, R.N., and Miss Cadmus, R.N., delegates of the American Federation of Nurses. Sister Agnes Karll, R.N., president, and Sisters Erna Nagel, R.N., recently from the International Hospital, Palermo, Italy; Marthe Franke, R.N., matron of the Children's Seashore Sanatorium, Norderney; Hedwig Schmidts, R.N., assistant matron, City Hospital, Charlottenburg, and Hanna Miller, R.N., superintendent of the City Hospital, Rheydt, sent by the German Nurses' Association. Miss Tilanus, president of the Holland Nurses' Association, and Miss van Lanschot Hubrecht, the secretary of the same, Miss Verbeck, district nurse in the municipal medical service, Amsterdam; Miss van Haeften, the first appointed public school nurse in Holland; and Miss Meyboom, matron of one of the city hospitals, Rotterdam, as delegates from Holland. Baroness Mannerheim, matron of the Surgical Hospital, Helsingfors, and president of the Association of Nurses of Finland, with Miss Koreneff, matron of the Maria Hospital, Helsingfors; Miss Nylander, superintendent of the Preliminary Training School of the

Helsingfors Surgical Hospital; Miss Bergstrom, hospital Sister, and Mrs. Lackstrom, editor of *Epione*, the journal of the Finnish nurses, delegates. Mrs. Tscherning, president of the Danish Council of Nurses, with the four Danish delegates, Miss Hellfach, superintending nurse in the Kommune Hospital, Copenhagen; Mrs. Koch, recently head nurse in the Presbyterian Hospital, New York City, now living in Denmark; Miss Hjorth, Sister in the Royal Frederiks Hospital, Copenhagen, and Miss Andersen, Sister in the Qresunds Hospital, Copenhagen. Miss Snively, president of the Canadian National Association of Trained Nurses, with the Canadian delegates, Miss Brent, superintendent of the Hospital for Sick Children, Toronto; Miss Scott, superintendent of the Training School, Grace Hospital, Toronto; Miss Baikie, president of the Montreal branch, and Miss Tedford, head nurse in the General Hospital, Montreal. Such a delegation has never yet been seen in the history of nursing.

Other members present with votes were seven officers and councillors of the International, and two honorary vice-presidents, namely, Miss Breay, treasurer, and Miss Dock, secretary, and Miss Stewart, matron of St. Bartholomew's Hospital; Miss Cureton, Miss Knight, matron of the General Hospital, Nottingham; Miss Mollett, matron of the Royal South Hants and Southampton Hospital, and Miss Huxley, past president of the Irish Nurses' Association (and niece of the great Huxley), councillors, Dr. Anna Hamilton, France, and Miss Turton, Italy, honorary vice-presidents.

Furthermore came the fraternal delegates, having no votes, but coming to show good-will and interest. From Australia five, Miss Robson, Miss Blomfield, Miss Ragg, Miss Peyton Jones, and Miss Laurence, as well as several visitors from Australia; from Cuba three, Miss Hibbard, whose work is so well known and who is now directing tuberculosis work in Havana, Miss Nuñez, inspector-general of schools for nurses under the Cuban government, and president of the Cuban Nurses' Association, and Miss Monteagudo, superintendent of the Municipal Sanitary Service, Havana. These fraternal delegates were sent by the government Department of Health and Charities. All their expenses were paid, and they brought most kind and cordial letters from the head of the department, Dr. Duque, whose interest in the wider education of his nurses is a gratifying thing and an example to be followed.

Belgium sent prominent fraternal delegates, several of whom came directly from the Belgian government and several from the Federation of Secular Nursing Schools. Miss Cavell, superintendent of the training school in Brussels, read the report, and Dr. Ley, the advanced physician

who came from Paris, was again present, while several nurses completed the party.

France sent a remarkable body of fraternal delegates, representing all the modern progressive groups in that country. Besides Dr. Hamilton, Miss Elston, Dr. Lande, and Mme. Kriegk came from Bordeaux, with Mlle. Siegrist, one of their graduates now in charge of a maternity school, Mlle. Irasque, and Mlle. Bos, assistant and pupil from the Tondue; Mlle. Luigi, the young superintendent of hospital and training school at Béziers and president of the French Society of Training School Superintendents, came also, while the French Minister of War appointed Mlle. Rouillet to represent army nurses.

From Paris came Mme. Jacques, the attractive and gracious matron of the new training school in Paris, with a group of her pupils; M. André Mesureur and the new director of the Salpêtrière, representing the governmental department of Hospitals and Charities of Paris; Mlle. Chaptal and Mme. Alphen-Salvador, representing the private nursing schools; and ladies representing the French Red Cross Society.

Fraternal delegates came from Holland representing the conservative party.

Japan, through the kind personal interest of our old friend Miss Suwo, and of Prince Matsukata, president of the Red Cross Society of Japan, sent a most engaging little fraternal delegate in the person of Miss Take Hagiwara, who has served through three wars and received medals from France and Japan. She attended all the sessions most regularly, brought a splendid paper from Japan, and was quite one of the lions.

Sweden sent a very notable group of fraternal delegates, forty in all, headed by Miss Tamm and representing all the important hospitals, training schools, and the nursing journal of that country. They came under the direct auspices of the Dowager Queen of Sweden, who takes an active interest in nursing matters, and who is to receive full accounts of all the movements now under way in the nursing world.

Switzerland also sent a fraternal delegate from the pioneer school La Source.

New Zealand sent Miss Maude and Miss Palmer, while nurses came as visitors from Norway, Ireland, Scotland, and from all the countries already mentioned. Germany sent forty in all, every one registered under the imperial registration Act; Denmark sent forty-three all told; Canada some fifteen or more beside the delegates; American nurses who attended the meetings numbered about twenty-four in addition to the delegates; and the English nurses in attendance cannot well be estimated.

Among the Americans were Miss Packard and Miss Martin, Baltimore; Miss Le Van, Miss Giberson, and Miss Krause, Philadelphia; Miss Ehrlicher and Miss Pindell, Superintendents' Society; Miss Pearson, now in Cuba, while the thoroughly representative character of the American delegation was completed in an unexpected and gratifying manner by the appearance, at the last moment, of the Editor-in-Chief of the AMERICAN JOURNAL OF NURSING, Miss Sophia F. Palmer.

Church House Hall, holding fifteen hundred persons, was filled on Monday; about six hundred tickets were issued to the large receptions, and four hundred and fourteen nurses, mostly foreigners, went to Windsor. This will give an idea of numbers.

A glorious atmosphere of expectant enthusiasm was felt in the beautiful hall of the Church House on Monday, the opening and official day. The organ accompanied the entrance of our hundreds of visitors, and the platform and body of the hall were packed as Mrs. Fenwick arose, in her capacity as honorary president, to open the meeting. She expressed the one regret at the absence of Miss McGahey, the president, and then, in an eloquent address, gave the watchword for the coming period—"Life." The reports from the three federated countries were read, and then Miss Goodrich, on behalf of the American Federation of Nurses, extended to Mrs. Fenwick and Miss Isla Stewart the invitation unanimously given by that body in Minneapolis to accept honorary membership in its midst. They accepted with pleasure, and both invitation and acceptance were accompanied by bouquets of roses. The four councils of Holland, Finland, Denmark, and Canada were then affiliated. This was a beautiful and impressive ceremony. As each incoming president in turn read her report she was greeted by a speech of welcome and a beautiful bouquet, and the national anthem of her country was played on the organ. All present rose to each anthem, while many voices took up the strains of beloved patriotic airs. Enthusiasm was intense as these splendid leaders of nursing progress responded individually to the welcome given them.

Officers for the next period were then elected: Sister Agnes Karl as the next president, while Miss Breay and Miss Dock were re-elected. Sister Agnes's first words were a greeting to Miss Nightingale, the revered woman and pioneer.

The amendments to the constitution were quickly despatched. The number of delegates is to remain as now, four from each country, but the fees were reduced. The time between regular meetings was altered from five to three years. The next meeting will take place in 1912, and in Cologne, as Sister Agnes believes that it will help German progress.

The purpose of the International is first of all to be helpful and to go where it can give aid and stimulus.

The resolutions next came up. The first, on registration, was passed unanimously. It was put by Mrs. Robb and seconded by Mrs. Kock. A dramatic incident then occurred. Up rose Mr. Sydney Holland, time-worn enemy of registration and upholder of the system of sending undergraduates to private duty. Asking when he could be heard in opposition, he stated that the meeting was not representative. Some nurses hissed, and Miss Dock asked why he then thought it worth while to come before it with his views. Excitement was quelled by the chair who declared that full opportunity for discussion would be given next day. The enemy, followed by a henchman, then retreated in good order. The second resolution, on the rights of citizenship, was then put by Miss Hubrecht, and seconded by the Baroness Mannerheim, who told of what the women of Finland were doing with the ballot. Mrs. Millicent G. Fawcett, one of England's women prominent in higher education, had brought greetings and spoken on citizenship before the resolution was put. No dissent was expressed. Forty-two voting members being present, it was carried by a vote of thirty-eight in the affirmative. Two members voted in the negative, two refrained from voting, and two were absent. Reports were then read from countries not affiliated. Enthusiasm arose afresh for the foreign fraternal delegates on the platform, and all the reports were of great interest.

The meeting came to an end with profound emotions of joy and uplift, and all adjourned to the Gaiety Restaurant where several hundred were entertained at luncheon, amidst flowers, music, and jollity, by Mrs. Fenwick and a group of the English nurses. In all its fulness of serious interest, picturesque ceremonial, and unity of feeling this was a day the like of which we have never had.

THE CONGRESS.—The remaining four days were given to open congress meetings, of most varied interest, excellent papers, and thronged attendance. The first session in Caxton Hall was devoted to Education and Registration. Dr. Beard's paper, presented at Minneapolis, had a place here and is regarded as most important and valuable by the English leaders. Another dramatic scene occurred when Mr. Sydney Holland reappeared, armed with a very long, dull, and unconvincing brief against registration. Before beginning it he offered gross personal discourtesies to our English hostesses by launching into belittling remarks as to the relative sizes of their training schools and hospitals, and was called to order to speak to the subject under discussion. Again he descended to personalities, and meanly libelled an English nurse

present, who promptly came to the platform and exposed his "inaccuracies." Great sensation reigned. Cries of "shame," "out of order," "unfair," were heard, and it was with difficulty the chairman could secure him a hearing. After all he never came to any point, over-ran his time, and had to be closed off by the bell. As an opponent he showed himself not an honorable enemy, but a mean one, and he carried with him from the hall the general contempt of those present who understood the question. It was a perfect demonstration of what the progressive party in England have had to battle against during the past twenty years.

Deeply interesting sessions were held on "Private Duty," "School Nursing," and "The Nurse as Citizen." In the latter many of the new preventive lines of work were brought out. "The Relations of Nursing and Medicine" and the "Care of the Insane" elicited much interest. Dr. Russell's paper, given at Minneapolis, was read again here. The "Nurse as Patriot" gave the army nursing service a hearing. The session on "Morality and Health" was a terribly earnest one, and "Mission Nursing" closed the most successful and inspiring congress that we have ever held.

**SOCIAL FUNCTIONS.**—The extent and beauty of the social entertainments, the unbounded hospitality shown us, and the perfect arrangements and foresight of the British nurses are quite indescribable. Only those few individuals who came late or unannounced had the smallest uncertainty. Weeks ago all the tickets and invitation cards, six or eight each, were addressed to every foreign visitor who was known to be coming. The reception given by Miss Isla Stewart in the Great Hall of St. Bartholomew's Hospital was perhaps the most unique and never-to-be-forgotten evening. Another remarkable one was the banquet, where Lord Ampthill, champion of registration and typical example of the chivalrous English gentleman, presided. The receptions given by Mrs. Whitelaw Reid at Dorchester House and the Lord Mayor and Lady Mayoress at the Mansion House were both beautiful. The "conversazione" at the charming Doré gallery and the "At Home" of the *British Journal of Nursing* in Caxton Hall, the tea at the Irish Village at the Exhibition at Shepherd's Bush, with Irish songs and dances, potato cakes, scones, strawberries, and tea; the reception at St. John's House, the Nurses' Lodge, and, finally, the visit to Windsor, made a week of varied, brilliant, and lovely impressions. The king himself took a special interest in the visit to Windsor, permitting us to see galleries and gardens not shown to tourists, and allowing the loyal Canadians to lay a wreath on the tomb of Queen Victoria.

WORK OUTLINED BY THE CONGRESS.—As outcome of the papers and discussions two important lines of work are to be undertaken. One, at the suggestion of Mrs. Robb, will be a standing international committee on education to confer and work toward agreement of the basic requirements in the training of nurses. The other, the appointment of a national committee in each country to work up the propaganda against venereal disease. The congress also passed a resolution recommending courses of instruction for warders and wardresses in prisons.

REPORTS OF THE CONGRESS.—The reports given weekly by the *British Journal of Nursing* have been very remarkable, and the fulness, detail, and variety as well as accuracy of this journal's account of the whole meeting constitute a wonderful journalistic feat. The *International* will publish an official report, cost 25 cents (one shilling), but this will not contain the four days' congress papers. These will appear from time to time in the British and American journals. The report may be ordered, prepaid, from 2131 Oxford Street, London, W.

The various groups of nurses who had planned and arranged the exhibits deserve the highest praise for the remarkably interesting displays made and for the celerity with which they were all put into place. The district nursing exhibit filled a whole room and was remarkably well done. Every possible sort of device, contrivance, and invention that the ingenuity of nurse or patient could devise was there, and it seems a pity that this most instructive exhibit could not be made a permanent or a travelling one, for nothing quite like it has ever been seen before. The organizers of this section were Lady Hermione Blackwood, Queen's nurse, Miss du Sautoy, a county superintendent of the Queen's nurses, and Miss Eden, who gave great thought and ability to their task. The district nursing exhibit received and well merited the first prize.

St. John's House exhibit, illustrating maternity work and the collection organized by the Leicester Infirmary Nurses' League, demonstrating the care of the eye, ear, nose, and throat were admirably done, as also the Irish exhibit, containing many excellent inventions. The school nurses' exhibit, the London Missionary School of Medicine exhibit, the mortuary exhibit arranged by Miss Greenstreet, and the St. Bartholomew's League exhibit containing much of historical interest were all noteworthy. From abroad came many excellent exhibits, the German Nurses' Association sending a remarkable collection of over fifty dolls in various uniforms. There were also beautiful collections of badges, etc. Our space does not permit us sufficient detail, and we refer our readers to the issues of July 17 and July 24 of the *British Journal of Nursing*.

## INSURANCE FOR NURSES

By CLARISSA H. GORDON, R.N.

Graduate of the New York City Training School, New York City

IN enumerating the benefits of life insurance for nurses I would emphasize the chief benefits to be a compelling force for saving and the protection offered the individual by the aggregate. Many nurses have already realized the advantages offered to them by insurance and have insured in the various large companies existent to-day, which is the only resource open to them and which to my mind is indicative of the need of a mutual insurance company for nurses.

During the last decade in almost every kind of business where many individuals are occupied in the same line of work, insurance has been undertaken among the members or co-workers. One reason for this is that where all policy holders are occupied in the same class of work they are, as is called, risks of the same class; no person holding such a policy is occupied in a more dangerous vocation than the others are occupying, the result being that the policies are fairer and more even for each. Speaking from the view-point of a nurse, I know the amount a nurse can save even under the best circumstances is small and often inadequate for the needs of her later life, therefore she must economize in her saving as well as her spending and if her saving is to be through the medium of insurance she ought to have an insurance company managed on an economical basis. One insurance writer has said that the average insurance company of to-day is managed first for the benefits of the officers, then for the agents, and finally for the policy holders, and a close study of the situation will reveal to the student some such conditions, although I do not wish to convey to any mind any reflection upon the various insurance companies of to-day, for it is true that insurance is now a science and has all the stability necessary for the very strongest financial organization. This is because of the rhythm of the "law of mortality" which is its foundation, and also for the reason that it is protected from the periodical financial disturbances which menace savings banks and trust companies which we depend upon for protection for our savings. For example, during the last financial stringency, from which we have all suffered so much, it was indeed a pathetic sight to see for blocks persons standing in line to withdraw their savings from the banks, which act alone would produce insolvency. Such conditions as these are impossible in insurance, because in protecting themselves in disaster they protect their policy holders.

We have so far shown that insurance, once we have become identified with it, does compel and aid us in saving, does protect our savings, and guarantees us protection while we are saving; therefore our next step ought to be, to consider how to form an economical insurance company for nurses, and in order to do this we must first point out where unnecessary expenditure exists in the present-day insurance company and where we can economize in insurance as it applies to the nursing profession.

There are few nurses who have been in the field of nursing during the last few years who do not know the insurance agent, or how assiduous he has been in his attention to nurses. Except in individual cases, no class of men have been more devoted. How astute he is when he wishes an interview, and how suave and entertaining he is, until he has accomplished his purpose. When we have studied insurance we have the knowledge of how much this all costs us,—this suavity, this astuteness, this devotion is all paid for by the policy holder; therefore, as it is one of the prominent issues of life insurance, as we have considered it an all around nuisance, we are going to dismiss the agency system and depend upon the education of the nurses in insurance matters to eliminate all necessity for agents.

In England, the old Equitable Insurance Company has never had agents; they have not done the volume of business some of the larger American companies have, but they have paid larger dividends to the policy holders which we, as an economical insurance company, need. In the year 1892, in the state of New York, the various more or less complicated laws with regard to insurance were grouped and amended and brought into the form of one statute called Chapter 690 of the laws of 1892. These laws have been much changed and improved by legislation each year and especially since the charges brought about by the different investigations of the last few years, so that never has the insurance experience of European nations and of the various states of the Union been better made use of, in more clearly stated laws, than have been framed in New York and other states.

While we have very stringent laws governing all kinds of insurance, we find successes and failures among the various companies, which successes and failures are due entirely to the management; for every company in order to be incorporated must be represented by a certain amount of capital, which must be deposited at Albany, and shall be in stocks and bonds of the United States, rated at true value, and at all times held as security for the benefit of the policy holders.

In the proposal of an insurance company for nurses, my idea is to form such a company, where no possible profit shall go to any one

but the insured, for we are dealing with nurses who are in the large majority women, who are seriously working for a profession which they love and wherein the rewards of their ability and efforts are meagre, and where, in their endeavor, by insurance, to save something from their earnings, they must pay at least 20 to 30 per cent. more than would be the case if they had an insurance company owned and operated by nurses with moderately paid officers, unpretentious offices, and no agents.

In studying the different kinds of insurance for nurses, I believe we have only two kinds to consider, that of the annuity policy, and the simple life policy. Personally, I believe the annuity policy satisfies all the contingencies of the self-supporting nurse. This policy is one by which the annuitant pays to the company quarterly, or semi-annually, a certain sum of money, for a given period of time, after which time the company pays to the annuitant, either quarterly or semi-annually, an annuity for life; another arrangement, which is practical in the suggestions, is to allow the annuitant to receive, instead of the annuity for life, the aggregate amount of her savings in one payment, thus enabling her to engage in business or prepare herself for some of the specialties which are now presented in the nursing profession, and to which middle age is not a hindrance.

For the nurse who is not only self-supporting but a bread winner for others as well, I believe the simple life policy as well as the annuity policy is advisable. This policy requires a small sum to be paid annually and at death a stipulated sum is paid to the heirs of the policy holder. This simple life policy may also represent at all times an asset upon which the nurse or policy holder may obtain loans, which is often a necessity in illness or forced idleness. In the formation of an insurance company for nurses, every provision should be made for saving and for protection during the period of saving, but the policies should be clear, honest, and straightforward, so that the nurse may make no mistake in choosing the policy which is best for her, as an individual.

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## HOUSEHOLD HYGIENE

By ISABEL McISAAC

(Continued from Vol. IX, No. 11, page 834)

### VI

#### SEWAGE AND GARBAGE

THE disposal of sewage and garbage presents few difficulties to the dwellers in the larger and older cities, who live in apartments or well-built houses; but from casual observation in small towns and the country

one might suppose that the problem was as insurmountable as finding the North Pole or electing a Democratic president.

The general lack of intelligence upon the subject was never more tragically exemplified than in the awful prevalence of typhoid fever and dysentery during the Spanish-American War—a scourge which owed its origin to the ignorance which defiled its own water supply. We have learned much in the decade which has followed, but not until every public school child is taught the dangers from ill-disposed sewage and garbage will an army of volunteer soldiers know how to protect itself.

The final disposal of sewage in the country is a much more difficult problem than getting rid of the garbage. Without house drains the waste water from baths, dishwashing, scrubbing and laundry must be carried a safe distance from the well and the house to be emptied, a proceeding so inconvenient and difficult that it is small wonder so many housewives stand in the kitchen doorway and throw the water as far as their strength permits, regardless of the well or the looks of the back yard.

It is inexcusable for the smallest rural cottage to lack a drain for carrying off waste water, for if the drain is long enough it may be discharged into a hogshead without a bottom which is sunken into the ground and then well covered. In fact with a porous soil if the drain be carried seventy or eighty yards from the well, all sewage—water-closets included—may be discharged in this way with no bad results. The soil and certain soil bacteria together will purify enormous quantities of sewage in such a cesspool. If the drain carries nothing worse than waste water it may be discharged upon the surface where the sun and wind soon purify it.

In country places an open cesspool filled with stones is often used for emptying slops of all kinds, but such an arrangement is usually near the house, is a source of foul odors and a breeding place for flies, and it would be much more sanitary to empty the waste upon the surface, where it dries quickly and is purified by the action of the sun. In many cities the garbage is collected irregularly, causing disgusting accumulations offensive both to sight and smell. Under these circumstances every housekeeper might appreciably lessen the nuisance by burning everything possible in the range or furnace. Large cans or covered boxes may be used for the accumulation of paper, pasteboard, cast-off shoes, etc., the collection being saved for burning on cool days. The enlarged section in the pipe of the range containing a wire basket for drying kitchen refuse is a simple and satisfactory way of disposing of the most troublesome of household garbage, a few hours being sufficient to dry out the matter enough to burn it readily.

In small towns and the country the kitchen refuse is easily disposed of by domestic animals, but a common sight which is alike offensive and dangerous is the open can or pail for garbage, which stands under the kitchen table or at the kitchen door to attract flies. These receptacles are often unwashed after emptying, and afford a culture media for bacteria as well as a breeding place for flies. Such receptacles should always be kept closely covered and, if no fluids are put into them, they may be lined with old newspapers, the whole being emptied together, which leaves the sides and bottom usually entirely free from grease and the can may be rinsed with cold water.

For a small family an earthen bowl with a plate for a cover is a satisfactory receptacle for kitchen refuse; it does not rust, has no crevices, and is easily washed and kept free from odors.

In the country a weekly bonfire is all that is necessary for the disposal of paper, etc.

The old-fashioned privy vault is still painfully common in small towns and villages, as well as upon the farm, affording a never-ending source of danger to the water supply and a breeding place for flies. It seems almost incredible that such arrangements are still in existence when it is so easy and simple a matter to better them. A large galvanized pail, a tightly covered seat and a box of lime or land plaster or clean sand to cover the contents after each use, will control all bad odors, prevent the breeding of flies and the pollution of the well. The pail should be emptied frequently upon the surface of the ground at a safe distance from the house and well and be covered with a layer of earth, care being taken to avoid using the same spot twice in succession, and the sun, wind, and soil bacteria will finish the work of disposal. The pail used in such an earth closet should be thoroughly washed and the sides and bottom dusted with lime or sand before it is returned to the closet.

When one considers the danger of infections carried by house flies which are now frequently called typhoid flies, one wonders why the population of many small towns does not annually succumb to typhoid fever, tuberculosis, diphtheria, and other dirt diseases. The control of infectious diseases which are carried by house flies lies very largely in the hands of housekeepers. Unclean water-closets, privies, garbage cans, slop hoppers, basements, back yards, and alleys all attract flies and afford breeding places for them, and ultimately they find their way into food and upon dishes, napkins, towels, and other articles which come into contact with food. Thus the whole matter may be solved by the practice of cleanliness.

(To be continued.)

## HOSPITAL ECONOMICS

TEACHERS' COLLEGE, COLUMBIA UNIVERSITY

By ADELAIDE NUTTING, R.N.

WITH the opening, in September, of the new School of Household Arts, the Department of Hospital Economy shares in the advantages of the ample and completely equipped laboratories and lecture rooms and the generally enlarged and improved facilities for work which this fine new building offers.

One entire floor is occupied by the chemical laboratories, where household chemistry, physiological chemistry, and nutrition are taught. Another floor is given over entirely to the division of Foods and Cookery where several laboratories offer space for practical training in the preparation of food,—foods in small quantities for the family, in large quantities for the institution, in special forms for the invalid,—and instruction is given to the beginner as well as to the advanced student.

The floor which will prove attractive to every student of household and hospital administration is that which contains a small model power-laundry completely equipped with machinery, washer, extractor, mangle, steam-dryer, etc., where the problem of the institutional laundry may be practically handled under the supervision of a competent instructor.

This group of students will also, during the coming year, be given some opportunity of studying the actual workings of the food department of the college dormitory and of the high school lunch-room, which are now under the management of Miss Florence Corbett, a graduate of the University of Kansas and recently dietitian of the Department of Public Charities in New York, where her work in inaugurating the system of pupil dietitians in certain city institutions marks the first step in this country toward the practical training of the dietitian in her actual field of work.

The literature of the household sciences and arts will be found on the main floor in a library specially devoted to this subject, one section of which will contain a good working reference library of books on nursing and matters relating to hygiene and sanitation, and will include both American and foreign nursing journals.

To the courses which have hitherto been offered in hospital economy it is proposed to add, during the coming year, a specially arranged course of study for nurses desiring to prepare for district nursing or

for certain forms of social work in which nurses are required. This is done in response to suggestions from various quarters and, it is hoped, may prove a valuable preparation to those nurses who choose district nursing for their field of labor.

The scheme of study as at present arranged combines subjects offered in the University and in the School of Philanthropy, all courses in which are open without charge for tuition to University students. Opportunities for practical work are given in the Henry Street Settlement and in the Charity Organization Society. The latter gives the student the opportunity of becoming acquainted with some concrete social and economic problems through conference with experienced district workers and through visits made under trained direction to the houses of families in need of charitable intervention. Under the direction of the Henry Street Settlement each student will be required to devote a certain amount of time to systematic work in nursing in the district and in studying under supervision the problem of sickness in the homes of the needy. It is felt that such a combination of practical and theoretical work will be a great gain to a nurse before she enters her regular work of district nursing which, in its many and exhausting demands, is now fairly comparable to hospital work and in which any regular scheme of study is pursued with difficulty.

**THE PREPARATORY COURSE.**—The Department of Hospital Economy offers a one-year course designed to prepare students for admission to training schools for nurses. Arrangements have been made with the training schools of Bellevue and Allied Hospitals whereby the students who complete successfully the courses of study outlined will be admitted for two years of training and instruction in the care of the sick in the wards and other departments of the hospitals. Bellevue is a large municipal hospital with over a thousand beds, offering exceptional opportunities for practical instruction in the following services: medical, surgical, obstetrical, infants and children. The course is a further extension of the idea of preliminary training such as is now found in some of the leading training schools of the country, and its purpose is to give the student a more thorough grounding in the sciences underlying the art of nursing than can ordinarily be obtained in the hospital training school. It also aims to familiarize the student with practical procedures in general use in nursing. The student is thus prepared to benefit more promptly and fully by the opportunities which the hospital offers, and to bring a more intelligent effort to bear upon the problems presented by the patient. The students must, however, in all instances meet the physical and other tests required by the training schools.

The course is under the immediate control and direction of nurses.

The outline as at present arranged is given below, and should there be a sufficient demand for a training which brings the first year of a nurse's training (a period which must necessarily include a good deal of theoretical work) into the college, rather than the hospital, arrangements will undoubtedly be made to extend the relationship to other hospitals and to relieve them of theoretical courses, which are usually provided with considerable difficulty and expense and under conditions which seldom admit of proper study.

#### PREPARATORY COURSE FOR NURSING.

*General and Educational Psychology.*—This is a general course in psychology with special reference to dynamic psychology and the mental processes important to intellect and character.

*Elementary Anatomy and Physiology.*—This is an introductory course in human anatomy and physiology with comparative study of general anatomy and physiology. It furnishes a general ground-work in biological science.

*Applied Bacteriology.*—This course will deal with bacteria, moulds, yeasts, and other micro-organisms, selecting for most attention the forms which affect our every-day life.

*First Principles of Chemistry.*—This is a course for beginners which gives special attention to the elements of chemistry as related to foods and other matters of household economy.

*Personal Hygiene.*—The course considers the human body as an organic machine and presents personal hygiene as the study of the means of preserving and improving the health and efficiency of the human mechanism.

*Elementary Materia Medica and Therapeutics.*—This course includes a discussion of drugs, their sources, forms, and physiological and toxic effects, the handling of drugs, their accurate weighing and measuring, their preparation, proper methods of administration and dosage, poisons and antidotes.

*Food Production.*—The lectures of this course describe the preparation of the various staple foods, from the raw state to the finished product in marketable forms, and include a discussion of the composition, nutritive value, and cost of the available food materials.

*Food Preparation.*—The purpose of this course is to place food preparation on a scientific basis and to systematize methods of work. The course deals with the preparation of food materials based on a knowledge of their composition and the chemical changes effected by

heat and moisture, and indicates what cooking processes give best results in retaining nutritive principles in most digestible form.

*Cookery for Invalids.*—This course gives special attention to the food and diet of the sick and invalids. Instruction and laboratory practice are included.

*Housewifery.*—This course furnishes instruction and practical work in the care, cleaning, and order of the household. The cleansing processes, materials, and appliances are considered and practice is provided.

*Principles of Nursing.*—This course deals with the principles of science which are fundamental to the art of nursing, the practical procedures of the sick room and the appliances of nursing.

*Social Economy.*—There are various courses under this heading treating of social and industrial problems, of the causes of poverty and sickness, and of the various institutions for their prevention and relief.

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## THE OLDEST HOSPITAL TRAINING SCHOOL IN AMERICA

FROM WHICH MISS LINDA RICHARDS GRADUATED

By EMMA E. BUTLER

Secretary of the New England Hospital, Roxbury

I HAVE read with much interest the announcement of the retirement of Miss Linda Richards from active nursing work. She merits all the praise given her. The first nurse in America to step out into the world with a diploma in her hand, she has bravely led the large company following, demanding always, as her life work shows, the highest ideals, the most faithful service.

Will not a word about the hospital which had the honor to grant her that diploma be of interest to readers of the JOURNAL? There are other reasons, I think, why it merits their attention. The training school of that hospital is *the oldest training school* in America, and is to-day among the most successful ones. It owes its birth to the thought of a wise gifted woman, and its development has been almost wholly due to woman's ability and judgment.

Just fifty years ago Dr. Marie E. Zakrzewska, a German by birth, who in the new world sought the recognition of her ability which the old world had refused, was called to the chair of obstetrics in the Boston Female Medical College.

At her suggestion a small hospital for clinical work was opened by the college, largely for the purpose of instructing students and training nurses. From the hospital report of 1859-1860 I quote the following: "We early expressed the hope *to receive and instruct* women desirous *to be trained* for nurses. This hope we still cherish. We have had as yet but *one* application in this department." Later on, we find that eventually six nurses entered and were trained.

At just that time the call of the Civil War for skilled nurses helped to convince people of the need of special training for that work as well as for any other.

A little group of thoughtful earnest women in Boston felt that the time had arrived for the woman physician and the properly trained nurse. As a result, in a small building, in a poor part of the city, the "New England Hospital for Women and Children" was organized, and Dr. Zakrzewska was called to its head, its avowed purpose being: "(1) To provide for women medical aid of competent physicians of their own sex; (2) to assist educated women in the practical study of medicine; (3) to train nurses for the care of the sick."

During these first years under the direct supervision of Dr. Zakrzewska thirty-two nurses were trained. She was a strict disciplinarian and her German ideas of faithful thoroughness insured for the nurses the best practical training.

The hospital grew rapidly and in 1872 was removed to a large new building in Roxbury, a suburb of Boston. Here, with ample accommodations, it was possible to reorganize the training school, and under the supervision of Dr. Susan Dimock, a young physician of unusual talent, the school assumed something of its present form. The course was lengthened from six months to one year. Lectures were regularly given by Dr. Zakrzewska. Nurses received \$1.00 a week for the first six months, \$2.00 for the next six, and \$3.00 if they were willing to remain four months longer. This was not as payment for services, merely a "living fund." The requirements were a "simple calico dress and felt slippers." Then for the first time diplomas were given and Miss Linda Richards received the first one.

To-day the hospital has a large medical and surgical staff, all women physicians, a consulting staff from among the leading specialists of Boston, a resident physician, seven internes gaining practical knowledge before going out into the world, and a school of forty nurses, not including superintendents and probationers. There were treated in the hospital last year 1290 patients; the number of children was 204, and there were 567 births in the maternity.

Constant growth has called for new buildings, and grouped about the first medical building stand a large modern surgical pavilion, an up-to-date maternity, while a new nurses' home is nearing completion. In a crowded, poor part of the city, the Pope Dispensary, a branch of the hospital, aids the suffering and gives practical insight to internes and nurses in that important part of their work.

Is not this a goodly showing of woman's work, in a field in which nature has fitted her best to serve by bringing comfort and relief to the sick and suffering?

'Fifty years ago a little company of brave women was fighting for the right to serve, and to-day the woman physician is a blessing throughout the land.

Fifty years ago a struggling training school stood alone with its one lone pupil desiring to be taught—to-day there are schools in every section of the country and trained nurses ready to meet every demand.

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## A PLEA FOR THE PROFESSION OF PRIVATE NURSING

By HELEN C. CLAXTON

Graduate of the Presbyterian Hospital Training School, New York City

WE have every reason to believe, from the strides that this new profession of ours has already made, that the time is not far distant when arrangements will be made to regulate the hours on duty and render them more suitable to the class, education, and character of the woman now demanded for the profession. Sarah Gamp and superficial nursing are things of the past, but there still remain the prolonged hours of duty which were considered fitting for those days, but that now simply make it a physical impossibility for the nurse to turn her advanced training and knowledge to the best practical account.

The question how the private nurse shall meet the demands of the public is a complicated one, and, as things are now, the lack of a supply of nurses during the summer months is only one of many difficulties that we have to deal with.

It would seem that so long as the private nurse has to remain on duty from twelve to twenty-four hours a day she will have to take long holidays, and these during the hot months of the year, because her duties are so protracted that she can only accomplish them during those periods of the year that are favorable to work.

Would it not be better for both the public and the nurse if the

hours were so regulated that the profession of nursing could become a life working possibility? that is, let the private nurse work by the hour, and let her day be an eight-hour day and thus enable her to keep scientific and responsible. (There are very good trained attendants to be had for unscientific work, who could also be employed to assist the trained nurse in many cases.) This would constrain the public, when securing a nurse, to state for how many and which hours each day they would need her, and would require the nurse, when registering, to name the hours and the number of hours she wished to work; thus establishing a corresponding adjustment of the varied hours of the demand with the equally varied hours, registered for, by the supply. The services rendered between 8 P.M. and 8 A.M. should command a somewhat higher remuneration. If a nurse is required to sleep in the house, a small charge should be made, and if she is disturbed, the charge should be according to the night-rate and the number of hours she is disturbed. A patient engaging a nurse for travel, to live in the house, or to be employed by her exclusively, should assure her remuneration equal to that of eight hours' work whether she uses her for that number of hours a day or not. Both patient and nurse should be allowed the option of changing for a fresh nurse after eight hours—or, in extreme cases, after six hours. Nurses employed by the day, *i.e.*, for eight hours, should command a somewhat lower rate per hour than those employed, for example, for one hour. With such an arrangement many of our present difficulties might be overcome. The prolonged holidays would not be needed and patients would be better able to procure nurses at all periods of the year. They would also be able to have them for just as few or many hours as might be necessary, and the benefits of the attendance of trained nurses would be extended to the middle classes<sup>1</sup> who at present are denied them by their unnecessary costliness. The public would be better protected from the tired, overworked, and therefore uninteresting and uninterested nurse. The nurse would not be kept on duty by the patient in demoralizing idleness when there is really nothing for her to do. The services would be better performed, as the nurse would be able to lead a brighter, healthier, sunnier life and it would be possible for the profession to become a self-supporting and self-developing one. At present, after devoting years of work and study to acquiring the necessary skill, she finds herself with nothing to look forward to but a few short years of self-destroying labor and then sickness and poverty, or, at best, dependence upon a fund raised from overworked nurses who will shortly be in as bad a plight themselves.

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<sup>1</sup> The class between the very rich and the very poor.

When one thinks what a powerful influence for good a woman may become in the world, and then realizes what a number of women have gone and are going into nursing, one cannot help seeing how necessary it is that chances and opportunities for developing the character of these women should not be withheld from them by the oppressive régime of their work. Work such as theirs should obtain the service of the highest development of character which cannot be while they are denied the essential needs of nature, such as rest and recreation. Surely the time has come when, seeing the advantages to be gained for humanity, we should all try to contribute towards the righting of this wrong condition. We shall thus gain not only these advantages but the reward of the ability to do better, until finally by the help of God we shall be able to help leave the world a little better than we found it.

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IN HIS REPORT ON NATIONAL VITALITY, ITS WASTES AND CONSERVATION, prepared for the National Conservation Commission, Prof. Irving Fisher has again expressed his view that this country is losing thousands of lives and over one and a half billions of dollars through preventable disease.

After showing that modern science and sanitation have tended to lengthen human life at the rate of about four years a century, Professor Fisher devotes most of the remainder of his report to demonstrating how we may still continue to lengthen the span of life. . . .

How many years may we reasonably expect to add to the normal life? Professor Fisher does not answer this question fully. But, if the various preventable diseases, which now prey upon man, were reduced to a minimum, life could easily be lengthened in one generation by eight or ten years; and it is not at all presumptuous to hope that centenarians would then be comparatively common.—THE SURVEY.

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WELSH LANGUAGE DEFICIENCY.—A singular difficulty has presented itself to the provisional council which has in hand the formation of a North Wales Nursing Association, the object of which is to provide and train Welsh-speaking nurses for service in the rural districts of North Wales.

It is found there are no words in the Welsh language equivalent to "nurse" and "nursing," and it has been decided to consult Welsh philologists on the subject with the view of making good the deficiency.

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SIMULATED TENDERNESS.—The *American Journal of Surgery* says: To differentiate a tender spot from a simulated pain, it will often be observed that pressure on the former causes a decided increase of pulse-rate, while in simulation it does not.

## NURSING IN MISSION STATIONS



### FIRST IMPRESSIONS OF CHINA

IDA M. ALBAUGH, a graduate of Wesley Hospital, Chicago, went to China last year, arriving at her station, Kiang-Yan, not far from Shanghai, in December. On her journey, a few days were spent in Japan where she saw a Buddhist temple of which she says:

"They have no service, but at any time they please the people come into the temple and going up to the altar, I suppose you would call it, in front of the image, they throw in some money and, clapping their hands to attract attention from the god, offer their prayer and leave. That is their worship, and having no set form or any instruction you can imagine how greatly superstition would form a part of their belief and faith—in what? They do not know themselves."

As she approached Kiang-Yan she "began to see China. In the fields are to be seen coffins everywhere standing on top of the ground, for the Chinese do not bury their dead as we do, but place them on top of the ground and sometimes cover the coffin with earth."

There are nine foreigners in the station, beside the children, and it is like one big family. "I began to study at once, and I hope I am learning, but it is very hard and looks harder and harder as I go on. Most of my time now is spent at my books and with my teacher, who is a very nice old Chinese gentleman, named Djen. Our hospital is small, having as yet only a male department, and is in charge of Dr. George C. Worth, who has one Chinese doctor, several young students, and a few orderlies to do all the work. They hold three clinics a week, seeing from fifty to one hundred patients a day with every imaginable disease. One day when I went over to see what they were doing, I asked what was the matter with a woman who sat waiting, and was told, leprosy. I felt like moving on, but curiosity held me while I asked what could be done for her. Poor woman, she was beyond help and could only be pointed to the Great Physician.

"Another day a patient came in and calmly announced that his disease was smallpox. This, in fact, is common, and when a child does not have it as soon as the parents think it ought, they inoculate it with some serum from a patient who has the disease. Just a few days ago

I crossed the Yangtse in a small boat with a baby who had been so inoculated and was then broken out.

"A few nights ago Dr. Worth was called up by a patient who had just been poisoned by eating some of a fish which they think is delicious. When prepared in a way which some of the cooks understand it is safe to eat, but it is known to be a poison fish. They call it 'Hu Dun.' This patient complained of a kind of numbness and could not stand or walk without support. He felt no pain and little discomfort beyond this numb sensation. On washing out his stomach, seven hours after eating, it was found to be perfectly clean, so a strong purgative was given and the heart stimulated, and by morning he was able to go home again quite well. This and match poisoning seem to be peculiar to our part of China; we hear of them nowhere else, and they are quite common with us.

"The Chinese commit suicide for peculiar reasons and in queer ways, 'match taking' seeming to be a favorite here. They dissolve the heads of six or eight or more boxes of matches and then drink the concoction, or else they just eat the heads. If the doctor can get them before the matches have left the stomach it is easy to save them, but when once out of the stomach the poison is soon absorbed and then the chances for recovery are very slim. The poison works slowly, however, and when the patient is brought at this stage the symptoms only can be treated, so a stimulant and cathartic are given. There being no known antidote, it gives a physician a feeling of helplessness when he washes out the stomach with no result.

"Opium is frequently used by those wishing to commit suicide and they increase its efficiency by taking it in hot wine. This is treated as at home, of course.

"We have a girls' school in our station and recently I have been installed to look out for the sick among the students, so every morning I spend an hour holding clinics for them. Some of the diseases they bring me are very funny. One said her hair was falling out, another had a pain in her side which was so severe that I painted it with iodine, another had a pain in the corner of her eye, which I washed with boracic solution. Headaches and stomach aches were quite numerous, but after a free use of salts my clinics became somewhat smaller. One little maid said she had a constant pain in her 'doli,' as she called her abdomen, morning, noon, and night, and it was very severe. In China, when such is the case, it is safe to try *santonin* and *calomel*, followed by *castor oil*. I gave these, and the next day the little lady was absent from school, and on inquiry I found that she was complaining that the

cure was worse than the disease, saying 'I'll not tell them about it next time.' The treatment was very effective, however, and she is now without her constant 'doli tony.'

"I have found time to go to one Chinese feast, where I was fortunate enough to have a fork to eat with, and where I ate sharks' fins and sea-weed and other delectable Chinese messes. That was a very large feast and given by an official, so my first taste was very fortunate. I have since used chopsticks, and find it is not so terribly hard, and Chinese food might be a great deal worse."

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INJECTIONS OF SEA WATER IN SKIN DISEASES.—Dr. Charles J. White, in the *Boston Medical and Surgical Journal*, reports fifteen cases treated with isotonic sea water, and observes that this unusual therapeutic measure produces a certain amelioration of symptoms in widely various dermatoses. This improved condition is most conspicuous in tuberculous processes, especially in tuberculous ulcers. But, as a whole, this therapeutic agent in our hands is a great disappointment, judged from the standard of Dr. Simon's results. Sea water can be injected in surprisingly large amounts, even into children, without causing much pain or other untoward symptoms. Injected into the buttocks it causes immediate desire to micturate, a continued easy and sometimes increased number of daily movements of the bowels, as a rule a slight tendency toward increase of bodily weight, and at times a distinct improvement in the well-being of the recipient.

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SUTURING VESSELS OF TRANSPLANTED ORGANS.—The *New York Medical Journal*, quoting from *La Presse Médicale*, says: Pozzi reviews the work of Carrel, of the Rockefeller Institute of New York, who sutured the leg of a dog, killed shortly before, to another dog of the same size, whose leg had been amputated below the knee. The remaining tibia was united to the tibia of the leg with the help of an aluminum splint, and the muscles, nerves, and vessels of the leg were carefully sutured to the corresponding muscles, nerves, and vessels of the dog. Healing followed by first intention, the circulation was perfect, the union of the bone took place. The dog died twenty days after operation during an epidemic of bronchopneumonia. The autopsy showed that union was perfect.

## FOREIGN DEPARTMENT



IN CHARGE OF  
LAVINIA L. DOCK, R.N.

### LETTER FROM ENGLAND.

THE wonderful congress is over, but its echoes are still heard in various directions; all the members have gone home full of enthusiasm, brimming over with fresh energy, encouraged with their own work, and twice as ready as before to meet lions in the path. Numbers of them have written back to say what a tremendous help it has been to them and how much encouraged they feel to find that their difficulties are universal difficulties and not peculiar to their own work, and how much they have taken away, both of new ideas and renewed energy.

The struggle for better education is seen to be a part of a much larger movement, namely, the movement towards better balanced economic conditions, especially as regards the work and payment for work of women, so it is not surprising that every country has tales to tell of opposition met with in demanding more thorough teaching for nurses. This is simply a phase of the demand of women for economic progress, therefore the opponents are not always the same in all countries, but are everywhere those who most feel the advantage in keeping the women down. In our country it is the physicians who derive money advantage from private schools and correspondence courses; in Holland it is chiefly the hospital directors, who fear having to increase their expenses if nurses are better educated; in Germany it is the older associations which have become accustomed to having their nurses work for them for practically nothing but board and lodging; in England—well, really, England just now is in such an extraordinary condition that it is not easy to sum up in a few words. Along with so much progress in so many lines there is an almost impregnable wall of obstinate determination on the part of men in power not to let women gain any further positions of vantage; it almost seems as if they thought they were defending their last stronghold. Certain it is, to my mind, that English nurses will not get state registration until English women gain the franchise, and many of them agree with me in this. Their problem is infinitely harder than ours. If we fail in one state we can

hope for better luck in another, but here there is but one Parliament, and so overloaded with business that there is no hope at all for any private member's bill to pass through the final stages unless the government takes it up as a government measure, or unless a member has gained one of the first six places on the register. They ballot for these places, so it is a simple gamble who will get them. Then it is not the bill, but the man, that gets the place, and if this man has a number of bills that he wants to bring in for his constituents he is not likely to give a woman's bill—even a nurse's—the preference. It may easily be seen, then, what an uphill work it is that our British sisters have undertaken. It is not so hard to get things through the Lords' because the Lords have not as much business as the Commons. I repeat, and I am willing to prophesy, that the nurses will have to gain the franchise before they can get registration.

In general, self-supporting women are in a worse position here than at home. They are not allowed as many opportunities, doors are oftener shut in their faces, and salaries are kept down more. As an English-woman said to me, "Men are willing to let women earn ten dollars a week, or even fifteen, but if more than that is in question, down come the shackles."

If this is true of educated women, the state of things is infinitely graver for those who are more distinctly of the working classes. Then, as Parliament tends more and more to social legislation, which touches women very closely, and as the proposition to forbid wage-earning at all to married women has been made in high quarters, it is easily seen that English women are in a critical, even perilous, position without the protection of political equality.

In nursing work it is quite strikingly evident what an advantage we have in living in a country where experiments are readily made and where new paths can easily be cut. We have so many more kinds of nursing work than they have here; we have developed so many more fields, in our social, tuberculosis, and teaching specialties. I rather think Germany will follow us first in the "Social-Service" development, chiefly because Germany has already so much well-organized, national preventive machinery in which the nurse can be readily introduced and because they are beginning to see officially what a valuable agent she can be. France has started the public school nurse in Paris, and England is bringing her into the open-air schools, which I hope to visit when they reopen. The "factory nurse" and "department store nurse" have not yet, I believe, appeared on the Continent.

England is still well ahead in district nursing organization and

excellence, but a dreadful plague here is the "lady bountifuls" who delight in training and controlling what they call "cottage nurses." The cottage nurses should be called "cottage helpers" and not nurses at all. They are sent to hospitals for six months' dabbling in ward work, and are then placed in country cottages to stay during an illness, like private duty nurses. Their duties, however, are chiefly domestic duties, and they ought to be honestly recognized as "mothers' helps" or scrubbers and cleaners. They are badly sweated by their noble patrons, overworked and underpaid, and, being obliged to remain in cottages where there is often no accommodation for them, their living conditions are squalid.

The associations that train these cottage helpers are among the most determined antagonists of registration, because they insist on these poor women-of-all-work being regarded as equal to nurses with a full three or four years' hospital training. Cottage helpers, as every district nurse knows, are most valuable and useful when their work is properly organized and supervised by a nurse, but they should not be placed on twenty-four hour duty nor have the responsibility of cases of illness. They should be sent by the day, or, if two are needed, one by day and one by night, and the trained district nurse should have charge of the nursing of the case as usual. This would cost more money, of course, and amateur philanthropists love to be charitable at the nurse's expense. Quite a lively contest took place at the Liverpool congress over this system.

The Reports and Proceedings of that congress are now published, cost, two shillings and nine pence (about seventy cents), post free. There is much in the volume of interest. The "Nurse in the Public Schools" is the subject of several papers, which are perhaps the most suggestive and "live" of all. Mr. Rathbone described the Liverpool experiment, where the nurse was first placed in the schools without the medical inspector. Now, since the Act of 1908 providing for medical inspection of school children, the school nursing in England seems to be in process of adjustment and much discussion. A "vexed question" is whether the school nurse's work, in school or in home, should be entirely instructional and advisory, or whether any form of treatment should be undertaken by her. Dr. Hayward, of Wimbledon, who wrote an admirable paper, showing the broadest reach and the most practical as well as wise intelligence in details, believes that in special cases treatment should be carried out by the nurse both in the school and at home, but that it should be *instructional* treatment, both to children and parents, and not mere routine. He earnestly recommends the

school nurse as a teacher of practical hygiene, and describes a most ideal co-operation between her and the physician.

Dr. Timmis's paper hints at opposition on the part of medical men to the nurse doing dressings or applying treatment, as taking work away from general practitioners, whose life is already, in small towns, hard and anxious. He fears the school nurse's day is past and she will be elbowed out. By a couple of speakers the work in the homes is spoken of as "health visiting" and Mr. John Tennant thinks it is not necessarily work for a nurse, but can be done by "health visitors." Dr. Timmis asks: "Is the nurse to be a 'school nurse,' giving actual attendance and care to the ailments of the children, or is she to be a medical inspector to visit the school and only to be permitted to recommend that children see a medical man, or is she to be a health visitor, to inspect and report on the homes and conditions of life of the children?"

Mr. Rathbone's paper says that in Liverpool at present the medical officers will not inspect children except at times of their entering and leaving school, so that the nurse will not cease to be needed.

Mme. Jacques, matron of the new Paris training school, read an animated account of the introduction of the nurse into the Paris schools. The experiment is being made by two pupils of the Salpêtrière with the co-operation of the education authorities, and is causing great satisfaction. The children call the nurses "dames de propreté!"

I have heard some spoken surmises, also, of the loss of income by medical practitioners from the wide extension of preventive work. But will not the remedy for that be that a great many physicians will also in future be appointed by the city or the state, on proper salaries, to direct the lines of prevention?

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MERCURY AND SULPHUR.—The *Medical Record*, quoting from an Italian journal, says: D. Respighi finds that sulphur acts as an antidote to mercury in the intestinal canal, and when sulphur waters are being drunk it is found that the patient will tolerate a larger amount of mercury than when they are not in use, without the occurrence of mercurialism. Sulphur is not only an antidote to mercury in the intestinal canal but also to the mercury circulating in the blood. Whenever we have symptoms of mercurial poisoning in syphilis we should make use of the sulphur waters as an antidote and eliminant.

## NOTES FROM THE MEDICAL PRESS



IN CHARGE OF  
ELISABETH ROBINSON SCOVIL

**THE COLON TUBE AND THE HIGH ENEMA.**—The question of how far the soft rubber colon tube can be inserted into the bowel to administer an effective high injection is taken up in the *Journal of the American Medical Association*, by H. W. Soper, who describes experiments performed by him in which the position of the tube was verified by the X-ray. Sixty cases were examined where it was attempted to pass long blunt end soft rubber tubes, with side openings, into the rectum, the patient being in the knee-chest and side positions. The only case in which he succeeded in passing the tube above the dome of the rectum was one of Hirschsprung's disease or congenital idiopathic dilatation and hypertrophy of the colon, and even here it was necessary to use the sigmoidoscope to introduce the tube. He thinks it is only in cases of abnormal development of the sigmoid that it is possible to introduce a soft rubber tube higher than six or seven inches in the rectum. A short tube six inches in length is therefore best for all sorts of enemata when using water for fecal evacuation, and it is possible, as he has frequently demonstrated, to thoroughly cleanse the entire colon by using a large calibre (one-half inch) short tube. It is also best when retention of liquid is desired.

**MOSQUITO EXTERMINATION IN NEW JERSEY.**—The *New York Medical Journal* says: Professor John B. Smith, head of the New Jersey State Entomological Experiment Station, has just finished a tour of inspection of five counties where the lowlands, salt marshes, and meadows have been drained to rid them of mosquitoes, and the unanimous testimony of the residents interviewed was that the salt water mosquito had been practically eliminated. The counties which have been rid of the pest are Essex, Union, Middlesex, Monmouth, and Ocean, the most populous counties in the state. Altogether in the six years since the campaign of mosquito extermination began ten thousand acres of land have been drained, at an expense of \$5 an acre, and not only have the mosquitoes been exterminated, but the land has been rendered valuable for agricultural purposes. In carrying on the work, Professor Smith has also acquired much fresh knowledge regarding the life history of

the salt water mosquito. So successful has been the campaign, that Professor Smith now has the enthusiastic support of local associations of taxpayers in carrying on the work, though in the beginning he worked practically alone.

**IMPORTANCE OF ACTIVE MUSCULAR EXERCISE IN THE RESTORATION OF FUNCTION.**—The *Boston Medical and Surgical Journal* in an article by C. Hermann Bucholz says in part: The most important effect which active exercises produce is the restoration of normal joint action. Active movements are valuable, therefore, in restoring the function of joints, by their early use preventing much of the loss of function which results from long use of fixation methods. Among the internal organs the function of which may be restored, or at least improved, by gymnastics should be mentioned especially the lungs and pleuræ. The principles of such exercises are the following: strengthening the respiratory muscles to promote deep breathing, in order to force all parts of the lungs and pleuræ to take part in the function, and also to improve the circulation in the lungs; deep inspiration together with resistance movements of the trunk and upper extremities will favor the expectoration in chronic bronchitis and loosen adhesions in pleuritis. Among other diseases which are amenable to active exercise treatment may be mentioned diabetes, obesity, and constipation. In the future many conditions, in which heretofore reliance has been largely placed upon drugs, will be found to be satisfactorily amenable to treatment along the line of active muscular exercises. More lasting results may be expected from these methods, which call into action the restorative and conservative forces within the human body itself.

**MAGNESIUM SULPHATE IN TETANUS.**—The *Medical Record*, quoting from the *Canadian Journal of Medicine and Surgery*, says: McPhedron reports a case of tetanus in a boy of thirteen. The incubation period was seven days. For ten days chloral and morphine were given, with no improvement. On the tenth day antitetanic serum was used. The boy grew worse. On the twelfth day 2 c.c. of a 25 per cent. solution of magnesium sulphate were injected intraspinally and 3 c.c. more the next morning. There were no further convulsions, and the boy improved steadily and recovered. McPhedron says that to date eleven cases of tetanus treated by this method of Metzler have been reported, with six recoveries.

**DESTROYING FLIES.**—At a meeting of the American Society of Tropical Medicine Dr. George Dock, of New Orleans, said that he had kept his laboratory free from flies by using a 10 per cent. solution of

formalin, with a little sugar added, in soup plates standing about the room. The odor could not be perceived but the flies were absolutely destroyed.

**VERONAL POISONING.**—Dr. John L. Eckel, writing in the *New York Medical Journal*, says: Mild cases get well without treatment. If seen early stomach lavage should be practised. Castor oil and enemata are indicated for the bowels; when necessary urinary flow must be kept up by hypodermoclysis; cardiac and respiratory failure calls for caffeine or camphor, with warm baths or cold sponges as adjuvants.

#### CURRENT LITERATURE OF INTEREST TO NURSES

*Medical Record*, July 3, "The Campaign against the House Fly," editorial; July 10, "Leprosy," L. Duncan Bulkley; July 31, "Deceit as a Therapeutic Measure;" August 14, "Eruptions after Abdominal Operations;" August 28, "Pellagra, with Report of Nine Cases," by Eugene D. Bondurant, M.D. *New York Medical Journal*, August 7, "The Action of Chloroform on the Kidneys;" August 14, "The Presence of Tubercle Bacilli in the Urine of Tuberculous Patients," Dr. E. J. G. Beardsley; August 21, "Leprosy," C. A. Penrose, M.D.; August 28, "Mind and its Relation to Heredity," Charles F. Clowe, M.D. *Johns Hopkins Hospital Bulletin*, August, "The Employment of Arrested Cases of Tuberculosis," A. M. Forster, M.D. *Maryland Medical Journal*, August, "Some New Methods for the Diagnosis of Typhoid Fever." *Journal of the American Medical Association*, July 10, "Food Intoxication in Childhood," John Ruhrah, M.D., James B. McElroy, M.D., "Boils," "Bacteria in Top Milk," editorial; July 31, "Tropical Diseases;" August 14, "Help the Mother Nurse the Child," Maurice Ostheimer, M.D.; August 21, "Aseptic Mittens," Franklin Brady, M.D.; September 4, "The General Practitioner as an Anæsthetist," Douglas C. Moriarta, M.D.; September 11, "Disposal of Sputum," William J. Manning, M.D., "Infantile Eczema," Isaac A. Abt, M.D. *The Survey*, June 19, "Bellevue's Day Camp for Tuberculosis Children;" July 24, "New York City's Model Milk Company;" August 7, "The Mother and the Baby," Wilbur C. Phillips, "Strawberries, Strawberries," Ellen L. LaMotte. *The Outlook*, August 28, "The Origin and Evolution of Mental Healing," H. Addington Bruce; September 4, "Mental Healing To-day," H. Addington Bruce. *The Century*, August, "The War upon the Great White Plague," Irving Fisher. *McClure's Magazine*, July, "What We Know about Cancer," Burton J. Hendrick. *The British Journal of Nursing*, July 17, 24, 31, August 7, 14, 21, "The International Congress of Nurses."

## LETTERS TO THE EDITOR



[The Editor is not responsible for opinions expressed in this Department.]

(NOTE.—We have a number of letters which have been addressed to the editor personally, and to which we have been unable to reply because they contained no address, either of street, city or state.—EDITOR.)

### FLOOR POLISH

DEAR EDITOR: I would be very grateful to any of our readers who would recommend a good receipt for floor polish, to be used on varnished floors and linoleum.

S. M. T.

### HOSPITAL POLICIES

DEAR EDITOR: Is it customary or right for a nurse to be a surgeon's only assistant at a major operation, taking the place of assistant surgeon and chief nurse? Also, is it right to have a pet poodle in the wards, on the bed during surgical dressings, in and out of the operating room during preparations for operating, having in fact, free run of a hospital mostly surgical? I would be glad to have the opinion of nurses in general upon these questions.

AN INQUIRER.

### FROM INDIA

DEAR EDITOR: In my last week's *British Journal of Nursing* an article, copied in part from *The Lancet*, about flies said that two drachms of formaldehyde in a pint of water would attract and kill them by the hundred. We haven't any formaldehyde here, but I found three drachms of formalin in half a pint of water killed five hundred in a few hours.

If any nurse in a hospital like this is as distressed about the flies as I was, she will gladly try this remedy. If any one knows of a cheaper and more effective fly killer, I should be most glad to hear of it.

M. NORA NEVE.

### A QUESTION IN REGARD TO ST. BARNABAS GUILD

DEAR EDITOR: I, with others, would like to hear from members of St. Barnabas Guild as to any special social advantage accruing from membership. Has the society been the means of revolutionizing the social status of the profession at large? Such was the inference made by the Charleston chaplain of the Guild at a recent meeting. He concluded his remarks with the very broad statement that "ten years ago nurses were social outcasts."

Rev. Mr. Wood of St. Luke's Church did organize the Guild in this city, and many pleasant evenings have been enjoyed by the nurses, but much indignation has been expressed, and the intention of the nurses to tender their resignation to the Guild will settle the nurses' point of view as to the social benefits derived.

A FORMER MEMBER OF ST. BARNABAS GUILD.

## LITERATURE FOR THE SICK AND THEIR NURSES

DEAR EDITOR: The "Letters to the Editor" of the AMERICAN JOURNAL OF NURSING have been especially interesting, as the personal letters of the trained nurse are of much help to the unfortunate patients and their families and friends.

The donation of old papers and magazines is always appreciated by hospital patients, but those who are obliged to remain where it is quiet and peaceful for many months or years are fortunate if they have a daily, weekly, or monthly paper or magazine to look forward to, to occupy the mind.

Having had some experience in the hospital corps work at home and abroad, in time of peace and war, during the past fifteen years, I can appreciate your "Editorial Comment."

The following is a list of papers I have found of much interest to invalids and nurses: Daily, *Public Ledger*, Philadelphia; *New York Herald*. Weekly, *Leslie's Illustrated Weekly*, New York. Monthly, *American Druggist*, New York; AMERICAN JOURNAL OF NURSING, Philadelphia; Alumni Report, Philadelphia; *Country Life in America*; *Ladies' Home Journal*; *The Burr McIntosh Monthly*; *The Outlook*.

Respectfully,

JOSEPH MCKEE, Ph.G.

## ORANGE JUICE IN CASES OF TYPHOID

DEAR EDITOR: Some time ago I suggested orange juice as excellent in typhoid and noticed in a later JOURNAL that some nurse thought it caused hemorrhage. I do not think the hemorrhage due to juice of oranges. I have had some ten years' experience, nursing a great many typhoid cases, and have, I think without any exception, given orange juice and have seen no bad effects. On the contrary, one patient who had previously had a severe hemorrhage and whose tongue was painfully cracked and dry had no further hemorrhage after the administration of orange juice was begun, and the tongue became softer and clearer. I do not believe orange juice affects hemorrhage at all.

Some physicians recommend that the small globules be given for their effect on the bowels, as the juice is usually absorbed in the stomach before reaching the intestine.

T. MARIE MOHR, R.N.,

Lady Superintendent Mt. Vernon Hospital, Mt. Vernon, Ohio.

## THE BEARING OF A NURSE IN PUBLIC

DEAR EDITOR: I have read the JOURNAL with great interest during the past six years. It first came into my hands during the last part of my training, when one of the graduates in my city who was on a case at our hospital had a copy with her. Upon my graduation one of my gifts was a year's subscription to the JOURNAL, and ever since then it has been a regular visitor. I have enjoyed every number, but during the past twenty-one months it has meant more than ever, as I have been on a large ranch, caring for two dear old souls, husband and wife, who are eighty-eight and eighty-one years of age. There are no nurses in the town, which is four miles distant, so I have kept in touch with nurses through the JOURNAL.

Many nurses have written upon many different subjects, and I now wish to

tell an experience and ask for the opinion of nurses who know more of what is going on in the larger cities.

In April I was obliged to go to the nearest city, nearly eighty miles away, to have some dentistry done. When I was returning I found a vacant seat in the coach, which happened to be across the aisle from a nurse. She did not wear an outdoor uniform, but was, to my horror, dressed in her full uniform, except her cap.

Had she worn any long coat to have covered her "stripes," I would not have thought it so shocking (although in my training school, which was in connection with a small hospital, we were taught to never appear on the streets with our aprons on), but for a coat she wore a short gray Persian lamb jacket, which she removed, thus revealing her full uniform, bishop collar, wide cuffs, apron with bib, and hospital pin.

I was shocked to see such a parade of my profession, of which I had been taught one should never make a show, but my shock turned to disgust, then to pity, when I saw this uniformed nurse buy a package of gum from the news agent. This she chewed and chewed as she read a *World-Herald*, till my jaws ached to see hers working so hard.

Have I been educated in the wrong way with regard to a nurse's out-door dress, and the way she should deport herself at all times?

I pitied that girl from the bottom of my heart, but I just could not bring myself to address her and find out "from whence she came." Perhaps it was false pride. I have ever been proud of my profession and have tried to conduct myself with dignity, and I fear I felt, as did the proud Pharisee when he said, "I thank God I am not like these."

Will some one please tell me if I am all wrong?

A TRANS-MISSOURI NURSE.

Philanthropy is primarily concerned in these days with the standard of living. It seeks to put an end to such things as overcrowding, physical exhaustion from overwork, undernourishment whether from ignorance or from insufficient income, infections and other preventable disease, and the manufacture of youthful criminals. It is sternly opposed to physical deterioration, and enthusiastically enlisted in every movement which tends to strengthen character and increase efficiency.—THE SURVEY.

Consumption among Japanese laborers is increasing to such a degree that the figures are becoming a source of anxiety to Japanese merchants and officials. A large percentage of laborers who are sent back to Japan by the Japanese charity associations are consumptives. It is claimed by the Japanese newspapers commenting on this matter that, through the lack of hospital accommodations in the Japanese labor camps, tuberculosis increases at an alarming rate. They suggest that a new system be employed in dealing with the sick in these camps, as the Japanese are quite ignorant of even the most simple health safeguards.

Homer Folks of New York City recently stated before the National Association for the Study and Prevention of Tuberculosis that there are in the United States at the present time 75,000 cases of tuberculosis in advanced stages of the disease, every one of whom should be isolated in hospitals, but there are at the present time only 5,000 hospital beds for these cases in the entire country.

## NURSING NEWS AND ANNOUNCEMENTS



### NATIONAL

#### CONTRIBUTIONS TO THE JOURNAL PURCHASE FUND

August 31, 1909.

To cash balance on hand April 30, 1909.....	\$88.00
Minneapolis, June, 1909, general contribution.....	73.00
Five Delegates St. Luke's Hospital Alumnae Association, Chicago.....	2.50
Miss E. M. Ellis.....	5.00
Miss Bishop.....	5.00
Miss Florence Thompson.....	10.00
Old Dominion Hospital Alumnae Association.....	30.00
Miss E. F. Sherman.....	5.00
Graduate Nurses' Association of Texas.....	75.00
Miss Elizabeth Hanson.....	5.00
Miss Mary S. Gardner.....	10.00
Miss M. Helena McMillan.....	25.00
Miss Anna Davids.....	5.00
St. Luke's Hospital Alumnae Association, St. Paul.....	15.00

**\$363.50**

ANNA DAVIDS, R.N.,  
Treasurer.

#### SUBSCRIPTIONS TO THE NURSES' ASSOCIATED ALUMNAE FOR THE PURCHASE OF THE AMERICAN JOURNAL OF NURSING

ALL THE SUBSCRIPTIONS pledged toward the fund for the purchase of the AMERICAN JOURNAL OF NURSING should be sent to the treasurer, Anna Davids, R.N., 123 Pacific Street, Brooklyn, N.Y. In making out checks or money orders, please make them payable to "The Nurses' Associated Alumnae of the United States" or to the "Treasurer of The Nurses' Associated Alumnae." Instructions should be enclosed stating what the money is for, thus saving the treasurer and the sender considerable time and trouble.

AGNES G. DEANS, Secretary.

THE CHAIRMAN OF THE PROGRAM COMMITTEE for the 1910 convention of the Nurses' Associated Alumnae requests that suggestions for the program be sent at an early date by all affiliated societies and by every nurse interested in having a good convention to E. Baldwin Lockwood, Granby, Conn.

## HOSPITAL ECONOMICS FUND

Total amount contributed for Endowment and Current Expenses to June 3, 1909.....	\$10,688.30	
Expenses, two years .....	1,143.62	
		\$9,544.68
Investments .....	\$8,809.17	
Balance in Corn Exchange Bank.....	735.51	
		9,544.68

## Received:

June 4, St. Mary's Hospital Alumnae Assn., Brooklyn, N.Y.	\$60.00	
June 21, Moses Taylor Hospital Alumnae Association.....	10.00	
June 22, American Society of Superintendents, for Scholarships, Hospital Economics Course.....	300.00	
July 1, W. P. Brown, interest on investment.....	100.00	
Sept. 13, Through S. H. Cabaniss, for Virginia Nurses..	7.50	
		477.50

\$10,022.18

ADELAIDE NUTTING, R.N.,  
Director.

## CHANGES IN THE NURSE CORPS OF THE UNITED STATES NAVY

APPOINTMENTS.—Disert, Nell Irene, Chester Hospital, Chester, Pa.; Hamlin, Martha, University Hospital, Baltimore, Md.; Fisher, Julia H., Massachusetts General Hospital, Boston, Mass., eight months' service in Army Corps during Spanish War; McConaha, Jessie, Illinois and Presbyterian Training Schools, Chicago, Ill.

The above nurses are all on duty at the Naval Medical School Hospital, Washington, D. C.

TRANSFERS.—Gorman, Margaret E., James, Esther Le C., from Naval Medical School Hospital, Washington, D. C., to United States Naval Hospital, Norfolk, Va., July 29, 1909.

ESTHER V. HASSON, R.N.,  
Superintendent Nurse Corps, U. S. Navy.

## CONFERENCE ON INFANT MORTALITY

THE AMERICAN ACADEMY OF MEDICINE will hold a conference on the prevention of infant mortality at New Haven, Conn., on November 11 and 12. Dr. Helen C. Putnam of Providence, R. I., is chairman of the executive committee. Among the members of the advisory committee are Miss Jane Addams of Hull House; Professor Irving Fisher, chairman of the Committee of One Hundred on National Health; Mrs. Philip N. Moore, president of the general federation of women's clubs; Miss Adelaide Nutting; Dr. Thomas R. Rotch of Boston; and Dr. Alice W. Tallant of the Woman's Medical College of Pennsylvania. The proceedings will be printed and may be obtained from the American Academy of Medicine, 52 North 41st Street, Easton, Pa. The prices for advance orders will be \$2.50 for paper covers, \$3.00 for cloth covers, under conditions of a large number being ordered. After the conference the prices will be increased. This will be a valuable work to be added to the libraries of training schools

or visiting nurse associations. The conference has been brought about through the conditions revealed by the work of visiting nurses, day nurseries, floating hospitals, fresh air homes, milk depots, board of health inspections, and tenement inspections.

#### MASSACHUSETTS

**Boston.**—PAULINE L. DOLLIVER severed her connection with the Massachusetts General Hospital on September 10, and has gone to her home at Holliston in this state where she will remain in perfect quiet for at least a year.

**Northampton.**—MARGARET P. PRIDHAM came to the Cooley-Dickenson Hospital as superintendent on June 15. She had for nearly five years been superintendent of nurses at the Jewish Hospital, Philadelphia. Mary B. Raser, who had been her assistant at the Jewish Hospital, becomes chief nurse at the Cooley-Dickenson Hospital.

**Milford.**—LOUISE C. MORSE, of Niagara Falls, Canada, graduate of the South Framingham Training School, assumed her duties as assistant superintendent at Milford Hospital, September 17, in place of Edith Blades who resigned to accept the position of assistant superintendent at the South Framingham Hospital.

#### CONNECTICUT

THE GRADUATE NURSES' ASSOCIATION OF CONNECTICUT held its regular quarterly meeting at Bridgeport Hospital September 1, Miss Wilkinson of Hartford presiding. The secretary's report was read and accepted.

Mrs. I. A. Wilcox, chairman of committee to amend the by-laws, reported on the work of the committee and submitted the amendment prepared. It was voted on motion of Miss Nutting to act on each proposed amendment separately. Each act and section of the proposed amendments was then considered and, after thorough discussion, was accepted as prepared by the committee with only a few exceptions. The principal changes made are: to combine the offices of corresponding and recording secretary in one person; to reduce initiation fee from two dollars to one dollar; to appoint a standing committee on legislative affairs, whose chairman shall be a member of the Executive Board. The committee on amending the by-laws was continued and instructed to complete amendments in accordance with vote taken. Mrs. M. J. C. Smith, New Haven, was appointed chairman of committee on legislative affairs. Invitation was received and accepted to hold the November quarterly meeting in Hartford. Miss Ahn, superintendent of the training school, entertained the twenty-six members present with a tea, given at the nurses' home. A brief session of the Executive Board was held, and on recommendation of Mrs. A. H. MacCormack, chairman of membership committee, seventeen nurses were elected to membership.

E. BALDWIN LOCKWOOD, Secretary.

**New Haven.**—THE CONNECTICUT TRAINING SCHOOL ALUMNÆ ASSOCIATION resumed its regular meetings on September 3, Miss Rood presiding in the absence of other officers. It was decided to consider an amendment to the by-laws at the October meeting. A vote of thanks was given Miss Julia Coonan for her interesting report of the Associated Alumnae meeting. Miss Flora Hartenstren, the president of the association, is still suffering from a protracted illness.

## NEW YORK

**New York.**—THE NEW YORK STATE NURSES' ASSOCIATION will hold its eighth annual meeting on October 19 and 20 in the assembly hall of the tower of the Metropolitan Life Insurance Building, 24th Street and Madison Avenue. On Tuesday, the 19th, at 9 A.M., will be registration and payment of dues. On Wednesday, at 9 A.M., a meeting of state superintendents of training schools. The regular sessions of the association will be held at 10 A.M. and 2.30 P.M. on both Tuesday and Wednesday. An informal reception will be given at the Park Avenue Hotel on Tuesday evening by New York nurses. The program committee has arranged to have papers on a number of very interesting subjects. It has been most fortunate in being able to induce Miss Sarah Martin, of Baltimore, to read a paper on "Central Registries," as Miss Martin has had a wide experience with excellent results. Mrs. Kelly, of the "Consumers' League," will speak of their work and talk of the problems of the working girl. There will also be papers on the School of Philanthropy, social service, Red Cross work and modern methods of surgical and medical nursing. The committee on arrangements submits the following list of hotels and suggests that the Park Avenue Hotel might be used as headquarters for delegates and members. All rates quoted are upon the European plan:

Park Avenue Hotel, 22nd Street and 4th Avenue, single rooms, \$1.50 to \$2.00 per day; rooms with private bath are \$3.00 per day for one and \$4.00 per day for two people. Hotel Seville, Madison Avenue and Twenty-ninth Street, rooms for two people without bath, \$2.50 per day; with bath, \$3.00 per day. Hotel Martha Washington, 29 East Twenty-ninth Street (for women exclusively), single rooms, \$1.50 per day; for two persons, \$2.50 to \$3.00 per day. Hotel Manhattan, Madison Avenue and Forty-second Street, rooms, \$2.50 to \$5.00 per day. Margaret Louise Home, 14 East Sixteenth Street (Y.W.C.A.), has rooms that can be reserved in advance—single rooms, \$.60; double rooms, \$1.00. As there will be an unusual number of people in the city at that time, owing to the Hudson-Fulton celebration and many conventions which follow it, the committee suggests that arrangements for rooms be made as early as possible. It is sincerely desired that there may be a large attendance, not only of delegates but of all nurses and friends who are interested in maintaining high standards and the advancement of the profession of nursing.

GRACE KNIGHT-SCHENCK, R.N., Secretary.

**TICKET OF NOMINATIONS.**—President: Mrs. C. V. Twiss, R.N., New York City, graduate of New York Hospital, ex-president Alumnae Association, married member, very much interested in state work and has time to devote to it. Harriet A. Sutherland, R.N., Ithaca, graduate of Rhode Island Hospital, Providence, former superintendent of the Margaret Pillsbury Hospital, Concord, N. H., former assistant superintendent Newport Hospital. Started district nursing in connection with the Newport Hospital. Former superintendent St. Luke's Hospital, Utica, now superintendent Cornell Infirmary, Ithaca.

First Vice-president: Anna L. Alline, R.N., Albany, graduate Brooklyn Homeopathic Hospital. Former director Hospital Economics Course, now Inspector of Nurse Training Schools. Nancy E. Cadmus, R.N., Auburn, graduate Presbyterian Hospital, New York City, former superintendent of Faxton Hospital, Utica, former superintendent S. R. Smith Infirmary, Staten Island. At present disengaged.

Second Vice-president: Ida M. Root, Gloversville, graduate of the New York Hospital, former superintendent Watertown City Hospital, now superintendent Nathan Littauer Hospital, Gloversville, member Regents' Advisory Council. Frida L. Hartman, R.N., New York City, graduate Mt. Sinai Training School, former superintendent Beth Israel Hospital, New York, former head nurse Jewish Hospital, Brooklyn. Has been president for three years of the Mt. Sinai Alumnae Association, and for three years secretary of the state association.

Secretary: Grace Knight-Schenck, R.N., New York City, graduate New York Hospital, former private duty and hourly nurse in New York, now married and with time to devote to the work. Anna Baker, R.N., Holland Patent, graduate St. Luke's Training School, Utica, former head nurse Masonic Home, doing private duty nursing. Secretary of St. Luke's\*Alumnae Association.

Treasurer: Lina Lightbourne, R.N., graduate Brooklyn Hospital, trustee in charge Hospital of the Good Shepherd, Syracuse, member of the board of nurse examiners, present treasurer state association.

Trustee for three years: Mrs. Harvey D. Burrill, R.N., Syracuse, graduate Hospital of the Good Shepherd, Syracuse, for two years president of the state association, married member with time for the work. Ann D. Van Kirk, R.N., New York City, graduate Presbyterian Hospital, New York, former superintendent of nurses, Long Island College Hospital and of Sloane Maternity. Superintendent Mt. Sinai Training School.

Trustee for one year: Mary A. Samuel, R.N., New York City, graduate New York Hospital, superintendent of nurses, Roosevelt Hospital, director AMERICAN JOURNAL OF NURSING. Bella J. Fraser, R.N., Albany, graduate Kingston Hospital, Canada, private duty nurse, member of board of nurse examiners.

For the Board of Nurse Examiners: Lydia Anderson, R.N., New York City, graduate New York Hospital, former superintendent Sloane Maternity, former assistant superintendent at Long Island College Hospital and at Mt. Sinai, instructor of nurses at Mt. Sinai and New York training schools. Mrs. Janet B. Christie, R.N., New York City, graduate Presbyterian Hospital, New York, assistant superintendent of the same. Amy M. Hilliard, R.N., Dansville, graduate St. Luke's Hospital, New York, former supervisor operating room, Presbyterian Hospital, Chicago, former assistant superintendent Grace Hospital, Detroit, superintendent of nurses, Jackson Sanitarium, Dansville. Edna L. Boyce, R.N., Clifton Springs, graduate Clifton Springs Training School, former assistant superintendent Noble Hospital, Westfield, Mass., superintendent of nurses Clifton Springs Sanitarium.

(NOTE.—In the early days of the administration of the Nurse Practice Act, the Regents' ruling excluded from membership on the Board of Examiners women actually engaged in teaching. A change in this ruling which applies to all the professions, as well as nursing, makes it possible to nominate women holding teaching positions.)

THE RED CROSS AND THE HUDSON-FULTON CELEBRATION.—On September 6 Mrs. Charles G. Stevenson, chairman of the New York City Training School Alumnae Association Committee on Red Cross work, assisted by Irene B. Yocum and Grace Forman, gave an informal reception to the graduates of the school who are enrolled for Red Cross nursing service, at the club-rooms, 1185 Lexington Avenue. The guest of honor was Mary E. Gladwin, who was organizing the Hudson-Fulton emergency nursing service for the New York County Red Cross Committee, of which Eleanor Blodgett is acting chairman. A large number of

nurses were present, including Jane M. Pindell, superintendent of nurses. Most of them volunteered for the emergency work during the celebration and the alumnae committee was made responsible for the nursing service of one of the six army hospital tents. They have always been among the first to respond to a call for duty with the Red Cross.

A RED CROSS NURSES' MEETING was held on the evening of July 21 in Florence Nightingale Hall which was well attended. Mary E. Gladwin, R.N., presided. The speakers were Mr. B. O. Satterwhite, assistant director National Red Cross, Mrs. Charles G. Stevenson, Mrs. Fred J. Brockway, Mrs. William K. Draper, and Miss Gladwin. The New York County sub-division is taking charge of all the first-aid stations during the Hudson-Fulton celebration. There has been formed at the Mills Training School the nucleus for a relief column which, should necessity arise, would prove of inestimable value, since male nurses could be sent nearer the scene of activities than women. A leaflet has been sent out by the New York State Branch of the Red Cross appealing for protection of the use of the emblem. The following nurses have been enrolled in the Red Cross since April: *New York City*, Anna C. Maxwell, Mary E. Gladwin, Frances H. Meyer, M. Lena Muldoon, Helen L. Kerrigan, Blanche E. Eldon, Blanche A. Blackman, Maude M. McKay, Mary E. Dryer, Isabel L. Evans, Agnes E. Maynard, Bertha Hammerle, Rachel Goldgar, Jean I. Gunn, Elizabeth von M. Kob, Nora B. Phillips, Grace E. Moore, Eliza McKnight, Louise M. Marsh, Caroline W. Bell, Edith V. Gardiner, Mary Vroom, Anna L. Reutinger, A. D. Van Kirk, Lillian E. Maynard, Georgiana Maynard, Mary E. Bullocke, Jean G. Hayman, Ella F. Smart, Laura Richards, Helen G. Franklin, Teresa H. Nason, Delia M. Lamb, Magdalene E. Fisher, Sophia C. Hoover, Sophia V. Kiel, E. Maude Wallis; *Brooklyn*, Elizabeth Dewey, Kathryn L. M. King, Fannie Dennie, Jean M. Reid, Maude L. McKennie, Mary T. O'Connell; *Rochester*, Nellie C. O'N. Lindsay, Georgiana K. F. D'Olier, Rose B. Peer.

**New York.**—BELLEVUE TRAINING SCHOOL FOR NURSES issues its thirty-sixth annual report which, beside the usual information common to such reports, gives a description of the new nurses' residence, with illustrations, and an interesting account of the extensive affiliated and post-graduate training being given by the school. The plans for the new club-house for the Bellevue alumnae now contemplate accommodations for 112 instead of 50.

MISS K. DAUM, R.N., graduate of the German Hospital, has been appointed superintendent of the Jewish Hospital, Louisville, Ky. Miss W. Schulte, R.N., graduate of the Suydenham Hospital, has been appointed head surgical nurse in the Jewish Hospital, Louisville.

**Brooklyn.**—THE METHODIST EPISCOPAL HOSPITAL NURSES' ALUMNAE ASSOCIATION is publishing an alumnae quarterly called *The Seney Journal*, the first number of which appeared in June. It contains alumnae notices and reports, news of the association and of the school, and articles of interest to the graduates. It is very well edited and is interesting even to an outsider, as all the contents is presented in a clear and attractive manner. Stella K. Kenny, R.N., is at the head of the editorial staff.

THE ALUMNAE ASSOCIATION OF THE TRAINING SCHOOL OF ST. JOHN'S HOSPITAL held its annual meeting on May 13 at the hospital, a number of the members being present. A discussion arose regarding the ways and means of raising funds toward the building of the new home for the nurses in training. It was proposed that a table be established by the alumnae at the yearly Kirmis, also

at the strawberry festival, which is annually conducted in the interest of this institution, the proceeds of which are to be used for the proposed building; but that question is not yet definitely settled. Fifty dollars was voted to be given at once and was gratefully accepted by the superintendent. The work of the alumnae for the past year was the getting up of a bazaar, in aid of the sick nurses' benefit fund, which was held at the Nurses' Registry. It proved to be a success, between one hundred and ninety and two hundred dollars being realized. The number of members is still small but is growing steadily.

**KATHERINE COTTER AND HELEN L. BAILEY**, graduates of the Kings County Hospital, sailed for Panama in July to take up work in the Ancon Hospital.

**MATILDA E. DECKER**, graduate of the Long Island College Hospital, has been appointed assistant superintendent of the Polyclinic Hospital, Philadelphia.

**Staten Island.**—**THE S. R. SMITH INFIRMARY**, which has had several changes in staff recently, loses Frances Black, who resigns as superintendent of nurses. She is succeeded by Miss Watson. Miss Hill is assistant to Dr. J. R. Stewart, superintendent of the hospital.

**Saratoga Springs.**—**THE HUDSON VALLEY ASSOCIATION FOR TRAINING SCHOOL PROGRESS** held its regular bimonthly meeting at the Saratoga Hospital, July 8, Miss Schulze presiding. The following topics were discussed: training-school discipline; if a nurse is suspended from a hospital, where should she spend her time? the nurse's toilet basket, its equipment and advantages; social service work and district nursing. Mrs. Alvis gave an account of the dispensary for tubercular patients recently started in Cohoes. Miss Arnold told of the district work conducted in Troy. Miss Alline spoke of the importance to all nurses of securing their degree of R.N. The honor system and self-government in training schools were also briefly discussed. Preceding the business meeting, the members were given a delightful automobile ride.

#### NEW JERSEY

**Paterson.**—**OLIVE I. RILEY**, graduate of the Paterson General Hospital, has resigned from the Riverside Hospital, New York City, and has sailed for Panama to engage in nursing under the Isthmian Canal Commission.

#### PENNSYLVANIA

**THE GRADUATE NURSES' ASSOCIATION OF THE STATE OF PENNSYLVANIA** will hold its seventh annual meeting at Pittsburg on October 20, 21, and 22. The headquarters and place of meeting will be the Fort Pitt Hotel, Tenth Street and Penn Avenue. The rates are, European plan, single room, \$1.00 per day up; double rooms, \$2.00 per day up; single rooms with bath, \$2.50 per day up. Members are urged to arrive on Wednesday, the 20th, if possible, in time for the opening exercises at 10 A.M. The first business session will be held at 2 P.M.

**ANNA C. NEDWILL, R.N.,**  
Secretary.

**Philadelphia.**—**THE ALUMNAE ASSOCIATION OF THE PRESBYTERIAN HOSPITAL** has subscribed in a body for the *AMERICAN JOURNAL OF NURSING*. Philadelphia leads in this respect.

**ST. AGNES' HOSPITAL** held its graduating exercises in the study hall of the hospital on the evening of June 17. The diplomas were conferred by Dr. F. B.

Stahl, medical director; medals were presented by Sister Mary Borromeo, Superior of the hospital. There were eleven graduates, two of whom were Sisters. A reception and dance followed the exercises.

## DISTRICT OF COLUMBIA

**Washington.**—THE NURSES' EXAMINING BOARD of the District of Columbia will hold examination of applicants November 3 and 4, 1909. Apply to the secretary, Katherine Douglass, R.N., 320 East Capitol Street, for particulars.

LILLIAN CARSON, graduate of the Adrien Hospital, Adrien, Pa., has been appointed operating room nurse at the Washington Asylum Hospital. Mary E. Silcott, who has been for some time in the service of the same hospital, has been promoted with an increase of salary.

GRADUATE NURSES OF THE CITY are contemplating the erection of an apartment house to be managed by nurses, financed by nurses, and occupied by nurses. A good rate of interest will be paid on the money invested and, while rents will be reasonable, the rooms and apartments will be adapted to the peculiar needs of nurses. A meeting will be called in the early autumn to organize a stock company and raise the necessary money, when any nurse who wishes to invest may have a chance to become a stock holder.

## VIRGINIA

**Richmond.**—NAOMI A. SIMMONS has taken the position of superintendent of the Virginia Hospital, which is connected with the University College of Medicine. Miss Simmons is a graduate of the Virginia Hospital Training School and has been superintendent of the Kessler Hospital, Huntington, West Virginia.

## WEST VIRGINIA

**Charleston.**—ANNA DAVIDS, R.N., has resigned her position as superintendent of nurses at the Charleston General Hospital.

## NORTH CAROLINA

THE NORTH CAROLINA STATE NURSES' ASSOCIATION held its seventh annual meeting at Wrightsville Beach, the president, Constance E. Pfohl, R.N., of Winston-Salem, presiding. In addition to the regular routine enrollment of members, reading of reports, appointment of committees, etc., some important amendments to the by-laws regarding membership were discussed and adopted. The term of three members of the board of directors having expired, Misses Williams, of Charlotte, Dunn of Raleigh, and Pfohl of Winston-Salem were chosen to fill the vacancies. Several excellent papers were prepared and read by members of the association. Those on "Tuberculosis Work," by Miss Rugg, of Durham, and "District Nursing," by Miss Ferguson of Wilmington, aroused much interest in these subjects and were discussed at length. Miss Cowan gave notes from a case of pellagra which she had recently nursed. This was both interesting and instructive. A most interesting discussion as to the advisability of establishing a preparatory course in connection with the State Normal and Industrial College, at Greensboro, followed, and steps will be taken to perfect these arrangements as early as possible. A most enjoyable and profitable session open to the public was made possible by the kind co-operation of the Wilmington doctors and other friends. The meeting was presided over by Col. A. M. Waddell of Wil-

mington. After an address of welcome by Dr. Joseph Akerman, the following papers were read: "The Relation Between the Doctor and the Nurse," by Dr. Harlee Bellamy; "Tuberculosis," by Dr. J. C. Wessels; "Pellagra," by Dr. E. J. Wood. The latter was especially interesting in view of the fact that pellagra has recently developed in the country, Dr. Wood having personally seen 100 cases. He does not believe the disease due to the eating of corn but to some malarial organism. Rev. Thos. Woe, of Wilmington, gave an instructive talk on the Emmanuel movement, dwelling at length on the Tubercular Class Work which he hopes to introduce in Wilmington. The visiting nurses were the recipients of many charming social attentions at the hands of members of the Wilmington association, including a reception at the James Walker Memorial Hospital, a steamboat trip down the Cape Fear River and a "shore dinner" at the Northrop Cottage on the beach. The next meeting will probably be held in Asheville.

At a meeting of the board of directors held in Greensboro, September 1, Constance E. Pfohl, R.N., of Winston-Salem, was re-elected president; May Williams, R.N., Davidson, second vice-president; Miss Dunn, R.N., of Raleigh, treasurer.

E. HENDERSON,  
Secretary *pro tem*.

THE BOARD OF EXAMINERS OF TRAINED NURSES held its sixth annual meeting at Raleigh, June 22, 23, and 24. Thirty-five nurses passed the examination and received certificates. Two certificates were issued without examination to nurses who had graduated previous to the registration Act and whose credentials were satisfactory to the board. An entirely new board will be elected this year. The examination questions follow:

*Anatomy* (Dr. Jno. T. Blount, Examiner).—1. (a) Describe the formation of bone. (b) Give function of periosteum. 2. (a) What are the ossa innominata? (b) What do they form? (c) Into how many parts are they divided? (d) Name them. 3. What bones form the shoulder-joint? 4. (a) Name the muscles of the abdomen. (b) Describe the linea alba. (c) What important functions do these muscles assist in performing? 5. (a) Name the most important muscles of the chest. (b) What muscles form the convexity of the shoulder-joint. 6. (a) Give the circulation of the blood. (b) What marked difference exists in fetal life? 7. (a) Describe the stomach. (b) Name its important openings. 8. (a) Of what do the waste products of the body consist? (b) Through what main channels do they leave the body? 9. (a) Name the largest gland in the body. (b) Give its function. 10. What organs are concerned in sustaining nutrition?

*Surgery* (Dr. J. E. Ashcraft, Examiner).—1. Describe the aseptic preparations necessary for a laparotomy as regards the patient and the instruments. 2. Differentiate between fistula and sinus. 3. What is Colles's fracture? 4. When is an amputation of the breast indicated? 5. Describe two methods of producing local anæsthesia. 6. With what disease is gangrene frequently associated? 7. What is a dermoid cyst? 8. What symptoms indicate the need of an operation on the mastoid bone?

*Physiology* (Dr. J. E. Ashcraft, Examiner).—1. (a) Define secretion and excretion. (b) What organs of the body are purely excretory? 2. Describe the act of respiration. 3. What are the functions of the skin? 4. What are the muscles of mastication? 5. Describe the preparation of normal salt solution. 6. In what structures is the sense of taste located? 7. Give the average normal

temperature, the rate of pulse and of respiration in the adult. 8. State the origin and the function of bile.

*Medical Nursing* (Constance E. Pfohl, R.N., Examiner).—1. What complications should be guarded against when nursing a case of scarlet fever? 2. Give best method of taking a child's temperature. Best time for taking a child's pulse. 3. Describe a method of intestinal irrigation. 4. Describe lavage. 5. Describe gavage. 6. Name five different kinds of enemata, and state the purpose for which each is used. 7. What precaution should a nurse take for herself, while treating the throat of a diphtheria patient? 8. Describe briefly continued fevers, periodical fevers, and eruptive fevers. 9. Give two examples of each kind. 10. What is the generally accepted diet in fever cases?

*Obstetrical Nursing* (Constance E. Pfohl, R.N., Examiner).—1. Name the special organs in the pelvis. 2. Name the articles to be sterilized, for a case of labor, in a private house, and tell how you will do it. 3. Describe the preparation of the bed for labor. 4. What antiseptic precautions should be taken by the nurse, when caring for the mother? 5. Name three reasons why the new-born should be put to the breast soon after birth. 6. How would you go about checking the secretion of milk, if the child is not to nurse? 7. What is one of the greatest dangers attending child-birth, and when may this take place? 8. Name the symptoms of postpartum hemorrhage. 9. What kind of diet should the mother have during the first ten days? 10. What is "modified milk"? Give formula for the first week for the new-born.

*Practical Nursing* (Anna Lee de Vane, R.N., Examiner).—1. What nursing measures should you use to produce emesis, also to control it? 2. In using evaporating liniments, what is to be guarded against? 3. What simple treatment can a nurse use to relieve a sprain? 4. How would you catheterize a patient, and what dangers are to be avoided, and why should utmost aseptic precautions be used? 5. What should a nurse do to prevent bed-sores? 6. How would you give a foot bath in bed, so as to cause no exertion to patient. 7. When nourishing a patient by rectal feeding, how often should the bowels be cleansed by ordinary enema? 8. How would you give hot stupes? 9. How would you prepare hypodermoclysis, and for what is it usually given? 10. State the procedure of giving a bath in bed to reduce temperature.

*Invalid Cookery* (Mary L. Wyche, R.N., Examiner).—1. Give theory of cooking starches and tell where and by what digested. 2. Name the cereals that require long cooking and give approximate time. 3. Why do we toast bread? 4. What disease is usually given a carbohydrate free diet? 5. Name the heat- and energy-giving foods. 6. What do you consider an ideal diet? 7. What should be the characteristics of an invalid's diet? 8. What are some of the advantages of vegetables and fruits in our own diet? 9. Why is cow's milk more likely to disagree with infants during the summer than in cold weather? 10. Up to the present have we been benefited by the pure food laws? 11. Which contains more nourishment  $\frac{1}{3}$  of beef juice or  $\frac{1}{3}$  of beef tea? 12. Give a list of tissue-building foods. 13. (a) What should be the diet of a case of acute nephritis? (b) A case of eclampsia preceding or following labor? 14. Give several ways in which milk and eggs may be prepared and flavored to give variety to liquid diet. 15. State some of the advantages and disadvantages of milk, as a food for invalids.

*Materia Medica* (Dr. Jno. G. Blount, Examiner).—1. Name the six different avenues of introducing medication into the system. 2. (a) Describe

subnitrate bismuth. (b) Give its uses externally and internally. (c) Dose. (d) How would you recognize it in breath and stools. 3. (a) What is Fowler's solution? (b) Dose? (c) Evidence of excessive dose? (d) How would you treat acute poisoning by Fowler's solution? 4. (a) Describe the difference between emmenagogues, cholagogues and hydragogues. (b) Name two of each, and their dose. 5. (a) Describe the difference between emetics and expectorants. (b) Name two of each, and their dose. 6. Name doses of following: morphine sulphate, laudanum, paregoric, Dover's powder. 7. Name dose of the following: atropine sulphate, strychnine sulphate, aconitine sulphate, hyoscine hydrobromate. 8. Name doses of cream tartar, Rochelle salts. 9. How would you designate minims, drops, drachms, ounces, grains? 10. Name the different varieties of tonics. Examples and doses of each.

*Household Hygiene* (Anna Lee de Vance, Examiner).—1. What is the composition of pure air? What are the effects of expired air? 2. What constitutes good ventilation? 3. Why is deep breathing of vital importance? 4. Why is bathing so important to health? 5. How is the value of a bath determined, both hot and cold? 6. Give proper way to disinfect typhoid excreta, and what disposition should be made of it when there is no sewerage. 7. What are the beneficial effects of sunlight, and why is it so important to health? 8. Of what value is an open fire-place in a sick room? 9. How would you disinfect a room after a contagious case? 10. Give most effective way of disinfecting the sputum of tuberculosis.

#### OHIO

**Cincinnati.**—THE JEWISH HOSPITAL has appointed Agnes James, a graduate of the school, assistant superintendent. The following have been appointed staff nurses: M. L. Bovell, graduate Chester County Hospital, West Chester, Pa.; Edith G. Brown and Elizabeth Bertalotte, graduates of George Washington Hospital, Washington, D. C.

#### MICHIGAN

**Detroit.**—THE NURSES' CENTRAL DIRECTORY of the Wayne County Graduate Nurses' Association issues its first annual report, showing that the directory, though a new venture, is in a good position professionally and financially. It has received 603 calls, has supported a registrar, and closes its first year with a balance in the bank. Agnes G. Deans, who has been the registrar and who has undoubtedly been largely responsible for its success, has resigned her position to take up work as a tuberculosis nurse for the Board of Health. Her successor is not as yet appointed.

#### WISCONSIN

**Wales.**—GRACE HOLMES has assumed charge of the nursing department of the Wisconsin State Tuberculosis Sanatorium.

#### MINNESOTA

THE MINNESOTA STATE BOARD OF EXAMINERS OF NURSES will hold an examination Friday, October 22, at St. Luke's Hospital, St. Paul, at nine A.M. All applications for examination must be in the hands of the Board of Examiners twenty days before date set for examination and may be sent to the secretary, Helen M. Wadsworth, St. Luke's Hospital, St. Paul. It is hoped that all nurses

wishing to obtain state registration will apply before this date, as after January 1, 1910, all applicants must be examined.

HELEN M. WADSWORTH, R.N.,  
Secretary.

**Minneapolis.**—THE HENNEPIN COUNTY GRADUATE NURSES' ASSOCIATION held its annual meeting on September 8 and elected the following officers: president, Susanne Maddy; vice-presidents, Martha Fairley, Mathilde Carlson; secretary, Agnes Peterson; assisting secretary, Josephine Nelson; treasurer, Marie Nelson; registrar, Dr. M. A. Mead; members to serve on the board of directors with the officers, Edith Rommel, C. M. Raukeillour and Alma Johnson. Edith Rommel, who has been president of the association for the last four years, declined reelection, for her duties as president of the state board of nurses' examiners are too manifold to allow her time for the work. She was given a rising vote of thanks by the meeting for her faithful and efficient services. Of the annual reports which were given, the one of Dr. Mead on the work of the nurses' registry was particularly interesting. She reported that there had been 2036 calls for nurses during the year. Six hundred and four persons called for nurses during the nights and from out of town came 201 requests, all showing that the trained nurse is a much needed person in and around Minneapolis. Twice during the year the demand was so great that the registry was unable to supply nurses. One time was from December 23 to 25, and the second time was from April 10 to 12. The treasurer reported that after all expenses had been deducted the association starts its new year with a balance of \$100. This is gratifying, as the expenses have been particularly heavy owing to the Nurses' Associated Alumnae convention last May. At the meeting a change in the constitution was discussed, by which the visiting nurses in Hennepin County might be entitled to join the association for a small membership fee, but no action was taken. A social hour followed the meeting.

#### ILLINOIS

THE ILLINOIS STATE BOARD OF EXAMINERS will hold its second examination November 11 and 12. Applications must be received by the secretary on or before October 27.

BENA M. HENDERSON, R.N., Secretary,  
79 Dearborn Street, Chicago.

**Chicago.**—BENA M. HENDERSON, R.N., has resigned her position with the Children's Hospital Society to become superintendent of the Children's Memorial Hospital. Miss Henderson's former position is filled by Margaret P. Little, R.N., a graduate of Farrand Training School, Detroit. The Children's Memorial Hospital has opened a training school for nursery maids.

A TUBERCULOSIS HOSPITAL for advanced cases was opened on September 15 in connection with the County Hospital.

THE ILLINOIS TRAINING SCHOOL suffers a loss in the resignation of the matron of the nurses' home, Mrs. K. M. Saunders, who has held the position for nearly twenty-five years and has, by her able management and economy, made the home a model in many ways. A farewell reception was given for Mrs. Saunders on the evening of August 13, and gifts were presented by the board of directors of the school, by the nurses, and the alumnae. Mrs. Saunders was made matron emeritus. She will make her home with a sister in Keokuk, Iowa. Miss Hay, superintendent of the school, is taking a foreign trip. Cora Kohlsaat

has also gone abroad. Grace Barnes has been appointed a head nurse. Anna Chapman has resigned as head nurse and will be succeeded by Lucy Clark. Berth Seibert has been appointed preliminary instructor. Agnes Maloney will take charge of the Clark Hospital, Elkhart, Indiana.

#### IOWA

**Des Moines.**—THE ALUMNÆ ASSOCIATION OF THE IOWA METHODIST HOSPITAL has given five hundred dollars for naming a room in the new hospital building.

#### NEBRASKA

**Lincoln.**—STATE EXAMINERS. The governor of Nebraska has appointed the following to constitute the Nebraska State Board of Nurse Examiners: president, Victoria Anderson, Methodist Episcopal Hospital, Omaha; vice-president and treasurer, Catherine Wollgast, Wesleyan Hospital, University Place; secretary, Anna E. Hardwick, Nebraska Orthopædic Hospital, Lincoln.

#### OKLAHOMA

THE OKLAHOMA STATE ASSOCIATION OF GRADUATE NURSES will hold its first annual convention on October 5 and 6 at Guthrie. Every member is urged to come prepared to take an active part and to help make this first meeting a success. It is hoped to have as guests Mrs. Idora Rose Scroggs, superintendent of the Illinois Training School, and Mrs. Jennie Cottle Beatty, president of the Texas State Association.

THE NURSES' EXAMINING BOARD OF OKLAHOMA was appointed by the governor on August 31 as follows: Rae L. Dessell, R.N., Mabel Garrison, and Martha Randall, R.N., of Oklahoma City; Mrs. Margaret Walters, Muskogee; Mrs. Cecilia Bogardus, El Reno; Mrs. Margie Morrison, Guthrie.

**Oklahoma City.**—A COUNTY ASSOCIATION was organized on June 27 at a meeting of a number of enthusiastic nurses. The president of the state society, Rae L. Dessell, R.N., presided. Officers elected for one year were: president, Elizabeth O'Donnell from Scranton, Pa.; vice-presidents, Mabel Garrison, Miss Shields, Edna Holland, all of Oklahoma City; secretary and treasurer, Rae L. Dessell, R.N., from Salem, W. Va. Regular work will begin in September.

#### COLORADO

**Denver.**—STATE BOARD MEETING. The Colorado State Board of Nurse Examiners will meet to examine applicants for registration at the state Capitol, Denver, on October 27, 28, 29, 1909. For further information address

MARY B. EYRE, Secretary,  
638 Grant Street, Denver.

**Pueblo.**—THE REPORT OF LINA L. ROGERS, school nurse, for the period January 4 to June 11, is as follows:

Number of children examined on routine inspection, 25,247; number of children with defective vision, 862; number of children with eye diseases, 126; number of children with enlarged tonsils, 803; number of children treated in school (emergencies, etc.), 84; number of children with unclean heads, 13; number of children sent to dispensary for treatment, 40; number of visits to homes, 520; number of postal cards sent to parents, 260.

A special examination of 500 children shows the following conditions (made

by school nurse): defective vision, 416; enlarged tonsils, 192; defective teeth, 158.

Number who drink coffee 148, tea 120, beer 28; number who use tobacco, 24; number with defective breathing, 29.

Some good results from physical supervision: 29 children have had tonsils removed; 81 have had glasses fitted; 125 have had teeth filled; 784 have acquired tooth-brushes.

During her vacation, Miss Rogers has been observing work done in Los Angeles and San Francisco and has been camping in the Yosemite Valley.

**Colorado Springs.**—THE REGISTRY ASSOCIATION held its August meeting in Grace Church Parish House. One new member was added to the experienced list. Jessie Stewart became the president of the association on the resignation of Miss Lott, who left the city for an indefinite period. Miss Bailes was elected vice-president, and Miss Huddleston succeeds Miss Bailes on the executive committee. Miss Dobbs is chairman of the program committee. After the business meeting, Miss Moore, a visiting nurse from Orange, New Jersey, spoke on school nursing. At the September meeting, one application was received but was held over. Miss Yollmer resigned from the Registry Rules Committee and the vacancy was filled by Miss Atkinson, next on the list. Mrs. Balkam was made chairman of the committee to revise the constitution and by-laws, to choose her own associates. On account of the small attendance Dr. Magruder's lecture was postponed until October. The superintendent reported fifty-seven special and three general calls. It was voted not to give a printed list of members to the drug store which was the late headquarters of a spurious Red Cross registry. The next meeting will be held the first Wednesday in October.

#### TEXAS

**El Paso.**—A. LOUISE DIETRICH, superintendent of St. Mark's Maternity Hospital, gave a report at the last state meeting of the work being carried on among tuberculosis patients in this city. A free clinic was opened last February and a visiting nurse installed. She has found many tubercular patients who were absolutely ignorant of sanitary precautions and a number of infected children have been discovered, who have contracted the disease through living in close quarters with the sick. An appeal was made to the Texas nurses to establish, with the help of philanthropic persons, a visiting nurse centre in each city in the state.

THE BOARD OF NURSE EXAMINERS appointed by the governor is as follows: C. L. Shackford, Galveston; Maud Muller, San Antonio; Mattie Rutledge, Dallas; Sara Young, Austin; Mrs. F. M. Beaty, Ft. Worth. The Board met for organization at Austin on July 20 and appointed Mrs. Beaty as president, and Miss Shackford, secretary. It will hold its first regular meeting in Galveston, October 27 and 28. Notice of the place of meeting will be given later in the local press.

C. L. SHACKFORD, Secretary.

**Galveston.**—THE JOHN SEALY HOSPITAL TRAINING SCHOOL FOR NURSES held its commencement exercises May 31 in connection with the medical department of the University of Texas. There were fourteen graduates.

ANNIE L. RUTHERFORD, graduate of St. Luke's Hospital, St. Louis, Mo., who for the past two years has been operating room nurse in the John Sealy

Hospital, has been appointed superintendent of the Flagler Hospital, St. Augustine, Florida, and entered upon her duties August 15. She will be succeeded by Carrie Robelen, of the Presbyterian Hospital, Philadelphia.

#### UTAH

**Salt Lake City.**—THE GRADUATE NURSES' ASSOCIATION was perfected October 5, 1908. At present it has a membership of sixty. It is the only nurses' organization, with the exception of the alumnae associations, in the state of Utah. The members meet quarterly for business, professional, and social purposes. Beyond a doubt it has proven a great success to the nurses of the city. Since January 1, 1908, the association has maintained a central graduate nurses' registry. Fifty-nine nurses registered. Mrs. W. C. Howe, superintendent of registry, office at 51 East Seventh Street, reports three hundred and twenty calls from the doctors, and public. Nurses are sent to all parts of Utah, also calls come from Idaho, Nevada, Montana, and Wyoming. The association offered services which were accepted, for first aid to the injured, during the great parade of the Forty-third National G. A. R. encampment, held in Salt Lake City last August. The members considered it an honor and great privilege to do so small a service for the brave soldiers who fought and won the nation's cause. Immediately after the parade the nurses held an informal reception at the Commercial Club in honor of the "National Association of Army Nurses." Twenty members who were able to attend their convention which was held during encampment week were present. The president of the Graduate Nurses' Association, Rose Korous, delivered the address of welcome. Mrs. Rebecca Smith, president of the National Association, responded. This was followed by short talks from other members of that honorable body. It was a pleasure to meet the dear ladies and have them relate some of their experiences while nursing the soldiers of the Civil War, many entering the service at the early age of fourteen.

#### WASHINGTON

THE WASHINGTON STATE BOARD OF EXAMINERS OF NURSES is composed of the following members: president, Mary Keating, 2020 Mallon Avenue, Spokane; secretary and treasurer, Mrs. A. W. Hawley, 718 East Howell Street, Seattle; Cora L. Smith, Lock Box 1043, Anacortes; Audrey Waymire, Pullman; Margaret Campbell, 1215 North Prospect Street, Tacoma.

#### CALIFORNIA

THE BOARD OF REGENTS has appointed the following as members of the State Board of Examiners for Nurses: Geo. F. Reinhardt, M.D., Berkeley; A. Brainard, M.D., Los Angeles; Helen Parker Criswell, D.D.S., San Francisco; Teresa E. McCarthy, San Francisco; Mrs. W. E. Downing, Vallejo; Mrs. C. D. Lockwood, Pasadena; M. A. Pepoon, San Diego.

THE STATE ASSOCIATION held its sixth annual meeting in San Diego. As none of the state officers were present, Miss Pepoon presided and Mrs. W. E. Downing acted as secretary. The papers read were: "The Five Duties of a Nurse," by Mary Ribzinski; "Woman's Part in Promoting Public Health in Our Cities," by Marie Jorgensen; "Prevention of Blindness," by Myrtle Austin; "School Nursing," two papers, by Katherine Kavenagh, and Josephine Graham; "Organized Effort," by Miss Callahan; "The Antituberculosis Organizations," by Lucy B. Fisher; "The Nurse in Literature," by Dr. Fannie Mead; "Supplies

for the Sick and Hourly Nursing," by Alma Wrigley; "The Necessity of Superintendents' Society," by Miss White; "Necessity of Ethical Relations between Training Schools," two papers, by Miss Bowman and Miss Anderson. The following officers were elected: president, Miss Beaman, San Diego; vice-presidents, Miss Fitch and Miss Rutley; secretary, Miss Shuey; treasurer, Miss Hall. A banquet was given by the San Diego nurses.

**San Jose.**—THE SANTA CLARA COUNTY GRADUATE NURSES' ASSOCIATION was organized in July by a number of nurses who met at the home of Theresa Erickson for the purpose. A principal object of the association will be the maintenance of a central directory which is greatly needed. On September 1, Miss Erickson assumed the position of superintendent of the San Jose General Hospital, which opened its medical and maternity departments on that date. Miss A. H. Wright is superintendent of nurses. The registry of the county association has been established at this hospital.

#### CANADA

**Toronto.**—THE TORONTO GENERAL HOSPITAL NURSES gave a pleasant entertainment for Miss Snively on the evening after her return from England. The residence was decorated without with lanterns, within with flowers, and there was an enjoyable entertainment of home talent. Miss Snively gave a little account of the congress and of the ceremony at Frogmore.

#### BIRTHS

On June 25, at Chester, Pa., a daughter to Mr. and Mrs. Richard Rouse. Mrs. Rouse was Anna Butler, class of 1900, Long Island College Hospital, Brooklyn.

At St. Mark's Maternity Hospital, El Paso, Texas, a daughter to Mr. and Mrs. P. T. Fisher. Mrs. Fisher is a graduate of St. Mark's Hospital, Salt Lake City, and Mr. Fisher is a graduate of the Mills Training School, New York.

#### MARRIAGES

MARY L. MASTERS, class of 1905, Orange Training School for Nurses, Orange, N. J., to Ralph Barnes.

ELSIE FRIEDRICK, class of 1907, Methodist Episcopal Hospital, Brooklyn, to Frank C. Keil, M.D., of New York City.

OLIVE B. ALEXANDER, graduate of the Illinois Training School, to A. B. Smith, M.D. Dr. and Mrs. Smith will live at Woodstock, Ill.

On August 4, at Fruitvale, California, Elsie Courrier to Louis Ernest Phillips. Mr. and Mrs. Phillips will live in Oakland.

On June 23, in Brooklyn, N. Y., Ada P. Grant, graduate of the Long Island College Hospital, class of 1907, to Harry Hazzard Simpson.

MRS. CLARA KELLY, graduate of the Illinois Training School, to Edward C. Vanator. Mr. and Mrs. Vanator will live at Warsaw, Indiana.

On July 12, Julia Bronis, class of 1891, Orange Training School for Nurses, Orange, N. J., to Hampton Allen. Mr. and Mrs. Allen will live in Orange.

On March 18, at Richmond, Va., Agnes Bell Johnston, class of 1900, Virginia Hospital, to Charles Ward Eaton. Mr. and Mrs. Eaton will live in Richmond.

On August 31, at Des Moines, Iowa, Amanda Strickland, class of 1907, Iowa Methodist Hospital, to George W. Newsome, M.D. Dr. and Mrs. Newsome will live at Indianola, Iowa.

ON June 23, in New York City, Mona M. Mann, graduate of the Long Island College Hospital, class of 1902, to William Forbes. Mr. and Mrs. Forbes will live in Ottawa, Canada.

ON June 30, Florence Hallett, class of 1907, Methodist Episcopal Hospital, Brooklyn, to William H. Areson, M.D. Dr. and Mrs. Areson will live at 153 Bellevue Avenue, Upper Montclair, N. J.

ON June 5, at Immaculate Conception Church, Washington, D.C., M. Louise Potter, class of 1908, Capitol City School of Nursing, to Laurence M. Drennan, M.D. Dr. and Mrs. Drennan will live in Panama.

ON June 19, in Jersey City, Rose Barron, class of 1900, Long Island College Hospital, Brooklyn, to Edward James Irvine. Mr. and Mrs. Irvine will make their home in New York City. Mrs. Irvine has done nursing in the Philippines and just previous to her marriage was superintendent of the Infants' Hospital in Brooklyn.

ON August 19, at Pueblo, Colorado, at the residence of Dr. William F. Rich, Elizabeth Campbell Gordon, graduate of the Toronto General Hospital, to Edward Archbold Jones. Mrs. Jones has held the position of superintendent at the General Hospital, Belleville, Ontario, the General Hospital, Kingston, and the Pueblo Hospital, Pueblo. Mr. and Mrs. Jones will live at 717 West Fifteenth Street, Pueblo.

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#### DEATHS

ON June 6, at Kennethcook, Hants County, Nova Scotia, Jennie Dawson, class of 1898, Carney Hospital, Boston.

ON July 21, at Cleveland, Ohio, Bertha Hoenig, graduate of the Huron Road Hospital. Miss Hoenig was an efficient, conscientious worker in whatever she undertook to do.

ALICE PROUT, a graduate of the Western Pennsylvania Hospital Training School and a member of the alumnae association, has recently died and her loss is mourned by her former associates.

ON August 17, Julia Agnes Turner, class of 1898, South Side Hospital, Pittsburg. Miss Turner was an excellent nurse. She was loved and admired by all who knew her, and will be greatly missed by her sister nurses.

ON July 22, at Boston, Caroline L. Beedle, class of 1891, Massachusetts General Hospital. Miss Beedle was known to many of the nurses and will be deeply regretted. She was among those instrumental in organizing the Boston Nurses' Club and was for eight years its treasurer. The last weeks of her life were spent at the Massachusetts General Hospital where she bore an illness, knowing it to be fatal, with great cheerfulness and fortitude.

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## BOOK REVIEWS



IN CHARGE OF  
M. E. CAMERON

700 SURGICAL SUGGESTIONS. By Walter M. Brickner, M.D., Eli Moschowitz, M.D., and Harold Hays, M.D. Third Edition, price \$1.00, \$2.00. Surgery Publishing Company, 92 William St., New York.

The third edition of this very popular little volume, which is published and edited by the editorial staff of the *American Journal of Surgery*, comes to us much enlarged and yet maintaining its characteristics of terse brevity and wide-spread comment on things of vital importance in surgery. Here are just the points that the practising surgeon, feeling himself growing rusty, comes back to college to pick up in post-graduate clinics. Notwithstanding the extremely practical character of the book it retains its attractive exterior, appearing in its original scarlet and gold cover, and beautiful cream-toned paper.

SCIENTIFIC NUTRITION SIMPLIFIED. By Goodwin Brown, A.M. Frederick A. Stokes Co., New York.

Here we have the result of certain experiments tried and proven by the author to test the principles of nutrition as advanced by Fletcher, Chittenden, and Irving Fisher. As an incentive to others who may be fellow sufferers he relates how he found himself at the age of fifty-four "going painfully down the wrong side of the hill of life, and giving up one by one all the pleasures that had made living attractive to him." "He had lost his power to work, his enjoyment of social pleasures, and all his interest in intellectual pursuits. He suffered intense pain, which he took to be muscular rheumatism, and at times from a mild form of aphasia." "His one object was to get done his work as rapidly as possible and go to bed." How he emerged from this moribund condition and took on a new lease of life, how he regained his zest for pleasure, his interest in intellectual pursuits, his enjoyment of work, are told in a brief for the benefit of his fellows. From the long list of acknowledgments he makes to other writers one feels assured that he has the highest authority of noted scientists to add to his personal experience. Inci-

dentally we may note that for those who wish to follow in the way Professor Brown points out it is free to all; there are no expenses attached, indeed quite the contrary, as it leads to a simple and economical way of living as well as a sane and healthy one.

**HUMAN PHYSIOLOGY.** An Elementary Text-Book of Anatomy and Physiology and Hygiene. By John W. Ritchie, Professor of Biology, College of William and Mary, Virginia. List price, 80 cents; mailing price, 96 cents. World Book Company, Caspar Hodgson, Manager, Yonkers-on-Hudson, N. Y.

Following in line with the popular idea of the education of the laity in matters pertaining to health and hygiene, started or at least adopted by the tuberculosis campaign, comes this little book which is intended for the schools and for the general reader. It is all that its author, in the preface, claims that an elementary text-book in physiology should be, viz.: "A balanced text, containing sufficient anatomy to make clear the broader outlines of the structure of the human body, enough physiology to make plain the great laws according to which the body lives, and a full discussion of how a violation of these laws may be avoided."

Following out this idea, after the anatomy of the body the book takes up foods and energy before beginning with the digestive organs and the processes of digestion, absorption, and oxidation of foods; and before going on to the circulation takes up dietetics. After making clear the function of the lungs and the process of respiration we are given ventilation; after the skin comes bathing; after the nervous system the special hygiene of the nervous system. Here the author speaks with no uncertain sound, stating with great clearness the proven facts concerning some of the commonest abuses of hygiene of the nervous system. He shows how the use of alcohol, for instance, lowers the power of the body to resist disease germs, and summing up says: "Overwork, hunger, exposure to cold, wet feet, insufficient sleep, bad ventilation, bad food, lack of exercise, alcohol—all of these things injure the body and lower its germicidal power. It is a duty that every one owes to himself to keep his body in good condition, and to fail to do so is no more sensible than it would be for a garrison in a hostile country to go to sleep with the gates of the fortress open."

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